

“I wish that I could show you when you are lonely or in darkness the astonishing light of your own being.” Hafiz

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory and light that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others..” Marianne Williamson

**Create space for creativity, possibility and connection**

## **The PEACE Toolkit**

**P- Pause E- Exhale A- Acknowledge C- Choose E- Engage**

### **M.O.A.D.S**

**M- Mindfulness O- Opposite Action A- Affect Identification  
D- Distraction S- Support Systems**

### **TOOLKIT**

- Breathwork ( 4/6 breath, hand breath, box breath, lions breath, breath with beat of music)
- Meditation- ( mantra: In the here, In the now, I'm OK)
- Mindful movement- dance - exercise
- Emotional freedom technique- Tapping Meditation
- Power poses
- Tap your heart light
- Name it to tame it- acknowledge how you feel to let it flow through you
- Journaling
- Support systems- Talking to a friend, mentor, family member or therapist
- Be in nature
- Perspective shift from fear to love
- Opposite Action
- Create TEAM and community
- Vision board/ manifesting board
- Post it notes with positive statements
- Distraction
- Games— -Play
- Sing, Create, Write, Listen to Music
- Committing to stay open to growth and possibility
- Mantra: I am willing to look at this differently
- Create space to download lessons, insights, creativity, and a- ha moments
- Exquisite dedication to self growth and self care
- Do The Work ( the work....WORKS)
- Instead of “Why me!”...what if you thought “What now?”
- 3-3-3 ( name 3 things you see, 3 sounds you hear and move 3 body parts)

“Between stimulus and response there is a space. And in that space is our power to choose, and it is in that choice that lies our growth and freedom.” Victor Frankl

“Watch what you read and watch, it is food. Food for you soul. Watch what you eat mentally.”

“All challenges and hardships are an opportunity to grow if we choose to look at them that way.”

“Life is happening FOR you not TO you.”

“Your word creates your world”