



Peace Action Video Series Guide

Seek Peace Within Yourself & Others

What makes you, you? Ask yourself, who am I?

Two large, horizontal, light-orange brushstroke-style areas provided for writing answers to the question 'What makes you, you? Ask yourself, who am I?'.

What emotions have you experienced today?
What messages have your emotions brought forward for you to explore?

Two large, horizontal, light-green brushstroke-style areas provided for writing answers to the questions 'What emotions have you experienced today?' and 'What messages have your emotions brought forward for you to explore?'.



Peace Action Video Series Guide

Seek Peace Within Yourself & Others

Think about a time you were recently involved in a conflict. What skills and strategies do you have, or did you need, to resolve it peacefully?

Two large, light-orange brushstroke-style areas for writing answers to the reflection question.

Call to Action

We invite you to set an intention for a practice that will bring relaxation and also nourish or restore you. You might:

- set a short and long-term goal that feels realistic and be open to revising them as your practice flows and progresses
- consider what support or resources would be helpful
- explore any challenges or barriers to putting this practice into place
- give yourself patience as you bring this practice into your way of being

Two large, light-green brushstroke-style areas for writing intentions or reflections related to the call to action.