



7

STRATEGIES TO FIND

# INNER PEACE

IN A CHAOTIC WORLD



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# Quick Reference!

**1**

**FIND TIME TO  
QUIET YOUR MIND**

**2**

**CONTACT WITH  
NATURE**

**3**

**PRAY**

**4**

**TAKE A DEEP  
BREATH**

**5**

**MEDITATE**

**6**

**REMEMBER THAT  
GOD IS IN CONTROL**

**7**

**HAVE A DEEP AND  
MEANINGFUL CONNECTION  
WITH GOD**



**Special Bonus**

**I INCLUDED A  
VIDEO EXPLAINING  
MY 3 FAVORITE  
STRATEGIES**

# 1

## *Find time to quiet your mind*

*In a noisy world, it's important to stay still  
for a few minutes and leave aside the hustle  
and bustle of everyday life.  
Take the time to do this.*

# 2

## *Contact with Nature*

*Take time to go for a nature walk. Observe the  
beauty of a tree or listen to the lovely sound of a  
bird singing. This is a wonderful way to remind  
yourself how harmonious and peaceful nature is.  
It brings relaxation, peacefulness, and joyfulness to  
your mind, body, and soul. It reminds you that God  
created everything.*

3

## *Pray*

*Praying is a beautiful way to quiet your mind, leave stress aside, and have an intimate moment with our Creator.*

*Leave your cares and concerns with Him and find peace.*

4

## *Take a Deep Breath*

*Take deep breaths and concentrate on your breathing for a few minutes. By taking deep breaths we liberate the body of the stress that is stored in it and make it feel lighter and at peace.*

*Take deep breaths and concentrate on your breathing for a few minutes, notice how relaxed your body feels.*

# 5

## *Meditation*

*Meditate and take a mental vacation. Let your mind take a break from the thousands of thoughts crowding it and allow it to be still and relaxed.*

*Use a guided meditation to take your mind to a mental break.*

# 6

## *Remember that God is in Control*

*It's important to remember that God is in control. Take a deep breath and say, "God, I trust you." Take another breath and this time say, "God I believe in you. God fill my heart with love and peace."*

# 7 *Have a Deep and Meaningful Connection with God*

*When you have an intimate relationship with God it makes everything easier, you believe in Him, you trust His plans, you know He is protecting you, and you learn to allow Him to be your guide. When you have a close connection with God your heart is at peace.*

*Ask Him to give you inner peace.*

# My *3 Favorite* STRATEGIES



3 Strategies for Inner Peace



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# Let's Connect

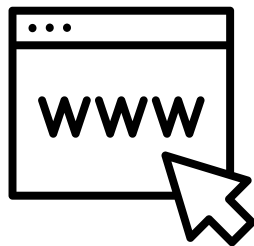


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