

#41 – THE INTERNAL PEACE LOCATOR

Five questions to help you find the places in your life where peace already exists – and learn how to build from them.

People look for peace in dramatic transformations...
but real peace begins in the small, steady places they've been overlooking.

This tool teaches you how to recognize, grow, and multiply those foundations.

1. Where in my life do I already feel calm, steady, or grounded – even if it's only a small area?

Peace often hides in familiar places.

Name them so they can grow.

Your thoughts: _____

2. What choices help me feel like myself – relaxed, honest, open, or safe?

Your peace lives in your authenticity.

Your thoughts: _____

3. Who in my life brings out my clarity, not my chaos?

Peace becomes visible through contrast.

Your thoughts: _____

4. What do I do that makes my mind quiet and my body breathe easier?

Your nervous system recognizes your peace before your mind does.

Your thoughts: _____

5. How can I expand one peaceful area by just 10% this week?

Peace doesn't appear all at once –
it grows where you nurture it.

Your thoughts: _____

FINAL REMINDER:

You're not searching for peace —
you're uncovering where it already lives.
What you add to, grows.
What you focus on becomes.