



Enhancing The Spirit of Caring

The Five Steps to Inner Peace

- **Wake up Grateful for Whatever the day May Bring**
- **As soon as you wake Say with Five Times Feeling – I CHOOSE PEACE, ALL IS WELL IN MY WORLD**
- **Focus on each moment of the day without prejudging outcomes**
- **At the End of The Day Give Thanks for The Lessons Learned**
- **Before going to sleep Say Five Times With Feeling - I CHOOSE PEACE, ALL IS WELL IN MY WORLD**



**I Choose Peace
All is Well in My World**