



THE FIVE STEPS TO INNER PEACE FORMULA

- 1. Wake up grateful for whatever the day may bring**
- 2. As soon as you wake say five times with feeling – “I CHOOSE PEACE, ALL IS WELL in MY WORLD”**
- 3. Focus on Each Moment of the day Without Pre-judging Outcomes**
- 4. At the End of The Day Give Thanks for the Lessons Learned**
- 5. Before You Go To Sleep, Say this Five Times With Feeling – “I CHOOSE PEACE, ALL IS WELL IN MY WORLD**

Sylvia Stock

<http://dementia-whisperer.com>

07860 432568

info@dementia-whisperer.com