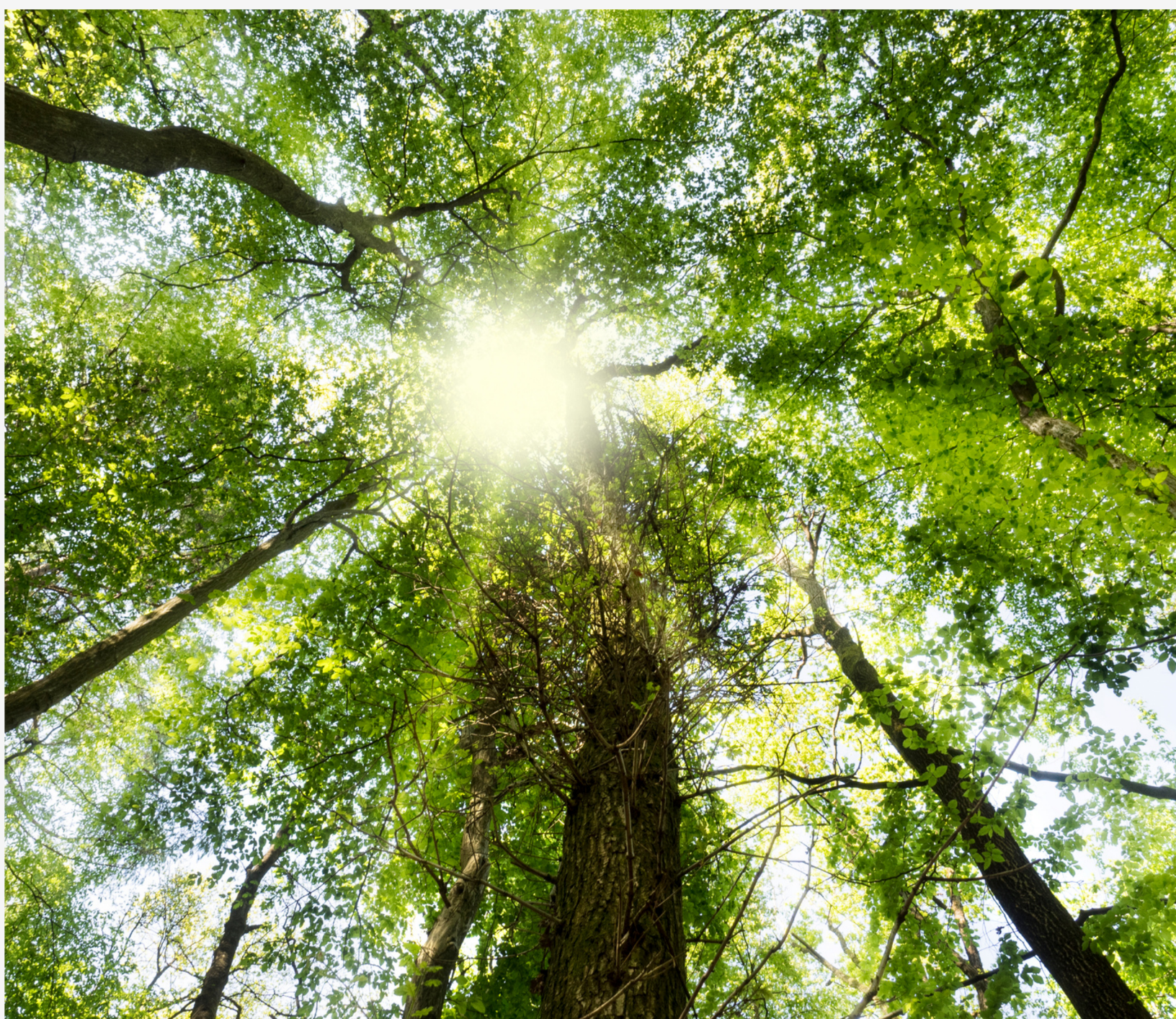


Reclaiming Peace Worksheet



Welcome

My name is Coach AJ, your Dope Life Coach and I strive to empower my fellow human beings to live and love their dope life!

I believe life is full of opportunities. It is my job to help you figure out how, and which opportunities to explore! It is my goal for you to be successful in the next chapter of your life.

It's a personal honour for me to have each client reach their aha moment or their YES! moment. I help people increase their self-care practices to feel more at peace and happy with their life.



Coach AJ



How to use this guide

Find a cozy and comfortable space to work on this guide. Take a few deep breathes and relax.

This guide soul purpose is to help practice self-care during the colder months on a regular basis. Use this guide maintain self-care regulary.

QUESTIONS?

info@dopelifecoach.com
www.dopelifecoach.com

 @dopelifecoach_
 @dopelifecoach

The Reclaim Series: Reclaiming Your Peace

Quote:

Sometimes peace means letting go of the need to understand.
— Unknown

Tip:

Start and end your day with 2 minutes of silence or stillness.

Challenge:

Unfollow one account or release one habit that disrupts your peace.

Self-Coaching Cue:

Is this adding to or taking away from my peace?

Affirmation:

Peace is my priority, and I protect it unapologetically.

Why this matters?

Peace is not the absence of chaos, it's the presence of clarity, choice, and emotional safety. Reclaiming peace means learning to release what disrupts your spirit and intentionally choosing calm over chaos.

Use the P.E.A.C.E. method to restore balance:

P — *Pause*: Step away before reacting.
E — *Exhale*: Regulate your nervous system.

A — *Acknowledge*: Accept what you're feeling.

C — *Choose*: Decide what aligns with your peace.

E — *Establish*: Set rituals and routines that keep you grounded.

Self-Reflection Questions

1. What do you need to release before the year ends?
2. How do you define peace?
3. What does your ideal new beginning look like?

Are you interested in coaching? Reach out to me today to schedule your complimentary call!



info@dopelifecoach.com



416-894-9627



www.dopelifecoach.com