

INNER PEACE CULTIVATION

Week of: _____

DAILY PRACTICE	M	T	W	T	F	S	S
Morning Stillness (10m)							
Conscious Breathing							
Digital Detox Hour							
Gratitude Journaling							
Mindful Movement							

WEEKLY REFLECTIONS & INSIGHTS

"Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures."