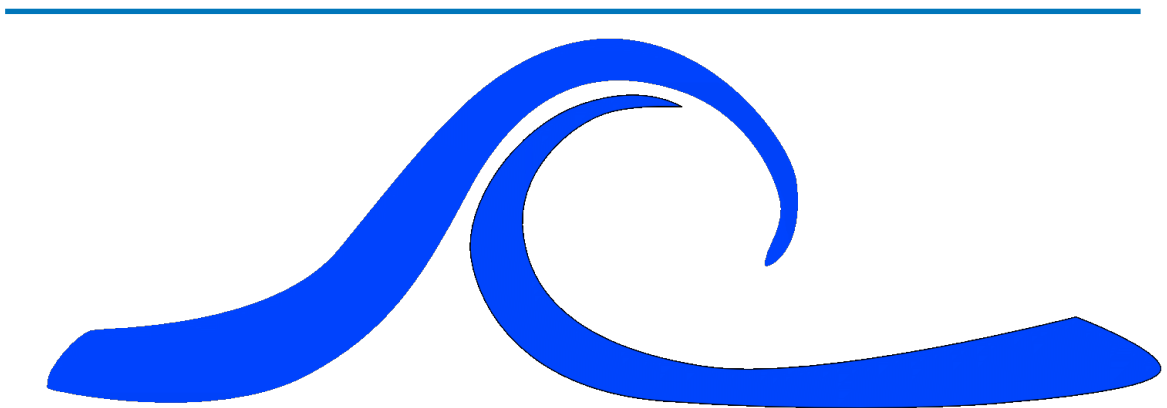


# Peace Amidst Chaos - Playbook Part 1

My step-by-step guide to living a  
Peace-filled life



# Peace Amidst Chaos - Playbook

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(To be entered in BEFORE we start the PlayShop on April 24<sup>th</sup>)

What does Peace mean to you? Write your thoughts here. There are no right or wrong answers... This is simply a place for you to begin. You can fill in this page or just enter a phrase or two ... or even come back later and make changes.

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**What Blocks Your  
Peace?**

(Write the ideas which  
come to you as we discuss  
this in our class.)

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**My Plan for Anchoring:**

Write down what you will do several times a day for a week or so to help anchor a new insight into your life.

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## My Plan for Anchoring:

Write down what you will do several times a day for a week or so to help anchor a new insight into your life.

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