

## Your Peace Readiness Toolkit

Take a few quiet minutes to reflect on each prompt. There are no right or wrong answers. Revisit your thoughts to notice how much you've grown in each area.

### Prompt #1: Peace Progress Report

Take a few quiet minutes to reflect on each prompt. There are no right or wrong answers. Revisit your responses to notice where peace feels steady, where it's disrupted, and where it needs protection or support.

#### Grading Scale

**A = Steady:** You generally feel grounded and able to respond rather than react. (5 pt)

**B = Stabilizing:** You experience moments of calm, even when stress is present. (4 pt)

**C = Fragile:** You recognize what disrupts your peace but struggle to maintain it. (3 pt)

**D = Overloaded:** Peace feels difficult to access right now. (2 pt)

**To find your overall grade: Add up your total points, divide by 4, and round to the nearest whole number.**

$$5 \text{ pts} = A \bullet 4 \text{ pts} = B \bullet 3 \text{ pts} = C \bullet 2 \text{ pts} = D$$

**Ex.  $(4 + 3 + 2 + 5) : 4 = 3.5 \rightarrow$  round up to 4  $\rightarrow$  overall grade B**

Area of Life	Grade	Remarks
<b>Inner Peace</b> (thoughts, nervous system, self-talk)		
<b>Daily Life &amp; Routines</b>		
<b>Relationships &amp; Boundaries</b>		
<b>External Stressors</b> (news, finances, expectations)		
<b>Overall</b>		




**Prompt #2: Mirror Check: How You Relate to Your Inner World**

*Set a timer for five minutes and list as many items as you can think of in each column before time runs out.*

*When the timer ends, compare the two lists and choose one tiny shift you can make this week.*

**Ask yourself: When I picture a peaceful version of myself, how do they move through the world? How do they respond under stress?**

Things That Support My Peace	Things That Disrupt My Peace



### Prompt #3: A Moment Made Regulated

Choose one ordinary moment from your week and imagine approaching it with nervous-system awareness. What would it look like to slow down, pause, or create space before responding?

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What small boundary, pause, or routine shift could support more peace in moments like this?

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#### Prompt #4: When Peace Feels Hard

Think back on the past week: when did peace feel easy, and when did it feel harder to access? Choose one moment of difficulty and reflect—what story were you telling yourself about that moment?

If you release the expectation of being calm or composed all the time, what small habit, mindset shift, or gentle strategy could help you navigate similar moments with more steadiness?

Finally, consider when in your day you can realistically check in with yourself. What would it look like to create a routine that supports peace rather than perfection?

**Prompt #5: Peace Readiness Check-In**

**How well are you regulating your emotions lately?**

*Check all that apply to you this week:*

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li><input type="checkbox"/> I paused before reacting and gave myself a moment to breathe.</li><li><input type="checkbox"/> I named what I was feeling instead of ignoring it</li><li><input type="checkbox"/> I took a break whenever I felt overwhelmed.</li><li><input type="checkbox"/> I communicated my needs or boundaries clearly and calmly.</li><li><input type="checkbox"/> I reframed negative thoughts with a gentler perspective.</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> I reacted quickly without pausing to think or breathe.</li><li><input type="checkbox"/> I avoided or shut down my emotions without naming them.</li><li><input type="checkbox"/> I stayed in overwhelming situations instead of giving myself time and space.</li><li><input type="checkbox"/> I struggled to express my needs or boundaries clearly and calmly.</li><li><input type="checkbox"/> I assumed the worst without questioning it.</li></ul> |
|---|--|

**How intentional have you been about observing, listening, and seeking understanding?**

*Check all that apply to you this week:*

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li><input type="checkbox"/> I considered other perspectives before forming an opinion.</li><li><input type="checkbox"/> I asked questions or sought clarity instead of assuming.</li><li><input type="checkbox"/> I noticed my automatic thoughts and reflected on them.</li><li><input type="checkbox"/> I observed situations calmly instead of rushing to judgment.</li><li><input type="checkbox"/> I tried to understand the root of a problem.</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> I jumped to conclusions without gathering enough information.</li><li><input type="checkbox"/> I assumed others' intentions instead of seeking clarity.</li><li><input type="checkbox"/> I let my emotions or fears shape the story I told myself.</li><li><input type="checkbox"/> I didn't take time to observe, listen, or reflect before reacting.</li><li><input type="checkbox"/> I interpreted situations in an all-or-nothing way.</li></ul> |
|---|---|

Notice patterns, not scores.

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