

101 WAYS TO PEACE

1. Listen to another's point of view 2. Show compassion 3. Negotiate differences 4. Find common ground 5. Use power fairly 6. State your needs 7. Show kindness 8. Reject bullying 9. Focus on consensus 10. Own your own behavior 11. Care about others 12. Respect your body 13. Give & receive empathy 14. Listen attentively 15. Practice civility 16. Expect kindness 17. Smile 18. Help others 19. Breathe deeply 20. Spend time in nature 21. When angry, count to ten 22. Listen first, then express your opinion 23. Help others see their gifts 24. Tell the truth 25. Express confidence in others 26. Reach out in friendship 27. Speak up for your beliefs 28. Find a place of inner calm 29. See positive possibilities 30. Hope 31. Care 32. Give 33. Say thank you 34. Create partnerships 35. Be charitable 36. Show love 37. See our common humanity 38. Believe in yourself 39. Hug someone 40. Be a good neighbor 41. Be present 42. Respect life 43. Have fun 44. Be brave 45. Respect yourself 46. Be honest 47. Laugh often 48. Give sincere compliments 49. Encourage caring 50. Dream 51. Believe in yourself 52. Believe in others 53. Believe in peace 54. Lighten up 55. Transcend pettiness 56. Forgive yourself 57. Speak well of others 58. Give choices 59. Explore win-win options 60. Turn off your t.v. 61. Show generosity 62. Eat well 63. Exercise 64. Make time for yourself 65. Be responsible for your emotions 66. Be aware of your feelings 67. Connect with others 68. Connect with yourself 69. Pray or meditate 70. Love life 71. Share something beautiful 72. Care about children 73. Forgive others 74. Forgive yourself 75. Experience joy 76. Show mercy 77. Appreciate 78. Attitude of gratitude 79. Recognize miracles 80. Look for good in yourself 81. Look for good in others 82. Cherish diversity 83. Set goals and reach them 84. Consider new ideas 85. Feed the hungry 86. Teach someone to read 87. Dare to dream 88. Look for good in others 89. Plant a garden 90. Love animals 91. Respect Nature 92. Do the right thing 93. Be of service to others 94. Care about your community 95. Reserve judgment 96. Release hostility 97. Appreciate beauty 98. Take time for yourself 99. Get involved 100. Rest

101.
Increase
the Peace

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