

# Finding Inner-Peace



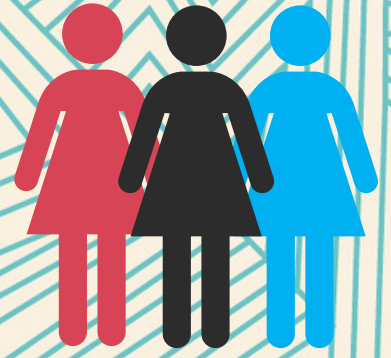
**Use the space below and start simply brainstorming what YOU need for Inner Peace in each of your own 3 brains. Think: What's the bare-bones minimum that I need for peace? (Not for goal-striving or thriving...PEACE!) What is YOUR version of equilibrium and peace from within when it comes to your mind, body, and mammal brains? There's no 'right' or 'wrong' ways to answer this question! And don't worry about perfection. Simply get the thought-process and conversation with yourself started.**

**MIND PEACE:**

**BODY PEACE:**

**MAMMAL BRAIN PEACE (Social/Emotional):**

# Anti-Peace Formula



**Now I want you to ask yourself: What are all the things that are KEEPING me from creating peace? What's my Anti-peace formula for each of my 3 brains? What do I KNOW is taking away my peace or keeping me from finding it? Do a little brainstorming below. Again, there are no 'right' or 'wrong' ways to answer this question! Simply get the thought-process and conversation with yourself started.**

**ANTI-PEACE OF MIND:**

**ANTI-PEACE IN BODY:**

**ANTI-PEACE MAMMAL BRAIN (Social/Emotional):**