

# Peace Meter

## SCORE OF 89-113

### Peaceful Presence

Here are your results...Does any of this sound like you?

For the most part, you are a peaceful presence. Though you do have your breaking points!

You may let things build up, or you may allow yourself to be affected by external circumstances. At those breaking points, you may say things you regret, or do things that are “unlike” you in normal circumstances.

You are a kind, giving person but you may judge others or hold grudges against those that have hurt you. You may experience times of great joy and peace, followed by times of chaos or stress. You are trying to develop consistency in your life—not one filled with high’s and low’s but with a consistent joy and peace.

You may feel off-center in your career or in a relationship. You may do things for others at your own expense and then come to resent that later. For the most part, your life is fulfilling but you’d like to make some “minor tweaks” that would enable you to be completely centered at all times.

Recommendations:

1) Focus on the positive.

Start by signing up for your free weekly Peaceful Moments, which are affirmations delivered to your email every monday.

Sign up at [www.peacefulearth.com](http://www.peacefulearth.com)

2) Develop a regular meditation practice.

You can receive live meditation instruction for 21 days in a row from the comfort of your own home to truly help you develop the habit of meditation and live from the inside out!

More information at: [www.meditationchallenge.com](http://www.meditationchallenge.com)

3 ) Make sure to have a regular exercise plan for your physical body as well.

4) Ask yourself, “What is ONE thing I could implement right away that would bring more peace into my life?” Write down the answer and make a commitment to adding it to your schedule.

You can start simple by incorporating meditating time into your schedule while waiting. For more information check out our Don’t Wait--Meditate Pledge at [www.meditationchallenge.com](http://www.meditationchallenge.com)

5) Spend some time alone. Treat yourself to a retreat or a quiet day of contemplation. Nurture yourself.

6 ) Surround yourself with other peace”full” individuals.

7) Acknowledge others. Send someone a Peace Prize or a Peace ecard and tell them how much they mean to you. Small acts of kindness create more peace for the “giver” of such acts of kindness. (See our page for ideas on Sharing Peace at <http://www.peacefulearth.com/sharing.php>)

8) Simplify, simplify, simplify.