



MY PEACE JOURNAL

a guide to encourage reflection and action for peace

My Peace Journal

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The **electronic version** of the Journal is available at scich.org/peace-for-change

“It isn’t enough to talk about peace.
One must believe in it.
And it isn’t enough to believe in it.
One must work at it.”

Eleanor Roosevelt

Welcome to My Peace Journal!

We are thrilled that you have chosen to embark on this transformative journey of self-reflection, connection, and action. In these pages, we will delve into the profound concept of peace, exploring its 3 dimensions. You will challenge your preconceived notions and expand your understanding of what peace truly means.

This journal is a call to examine the thoughts, beliefs, and emotions that shape your inner landscape and discover the path to peace and harmony with both oneself and the external world.

But this journey is not meant to end within the confines of these pages! No, my dear reader, the intention is to ignite a spark within you that inspires tangible change. As you progress, you will be encouraged to venture beyond the journal and step into your community as a peacemaker and changemaker.

Volunteering and acting for peace can create a ripple effect, bringing about transformation on a larger scale. Your efforts, however small they may seem, hold immense power to make a difference in the lives of others. Remember, peace is not a passive state but an active pursuit!

We are honoured to be your guides on this remarkable journey. Let us embark together, hand in hand, as we navigate the labyrinth of peace and emerge on the other side, enriched, inspired, and ready to make our world a better place.

With heartfelt anticipation,
Gośka, Natalie, and Jessica



THE MANY FACES OF PEACE

What is peace? Not an easy question! Numerous scientific explanations exist and in addition, we know that each of us has our own definition.

For a better understanding and usage of the Peace Journal, keep in mind that when we speak of peace, we consider:

- **Positive Peace** - that is not just an absence of violence in all forms but it is also a presence of conditions of well-being and just relationships in all fields - social, economic, political, and ecological.

- **True Peace** - when we live in peace on all three levels - with Ourselves, with Others, and with Nature.



- **Inner Peace** is sometimes referred to as 'peace with myself', or inner harmony, peaceful state of mind, and psychological well-being.

- **Peace with Others** is about accepting differences and having the ability to listen to, recognise, respect and appreciate Others, as well as to live in a peaceful and united way. This type of peace applies to various levels: from your family and friends' circle, through your work colleagues, local community, and society, up to the global scale and the peace between nations.

- **Peace with Nature** refers to a state of harmonious coexistence and sustainable balance between humanity and the natural world. It encompasses a deep respect for the environment, an understanding of interconnectedness, and responsible stewardship of the Earth's resources.

HOW TO ENJOY MY PEACE JOURNAL

•You can start your experience any time and the moment you are ready to dive into this journey.

•We recommend that you follow the journal page by page as the activities are spread across the pages in a logical order, from introductory reflections on peace to peace activism.

•If your rebel soul calls for it ;), you can also do the activities in random order. In the latter case, do the activity that chooses you on the given day - do not skip it!

•Some activities will fit you more than others. Still, each one will bring something new and unique. Give it a chance.

•We advise you to visit your journal regularly, at least once a week (can be also daily!), to create a habit.

•You are welcome to come back and repeat the activities. We believe that each time there will be something new for you to discover! Be curious, challenge yourself, learn, and enjoy having your time with the journal!

•If you enjoy this publication and find the activities meaningful, we will be glad if you spread the word about it among your friends, family, and other people around you. Be an influencer and a changemaker!

•And take the initiative to act. Peace starts with each one of us!

As each journey of a thousand miles begins with a single step, so does each journal starts with the first activity. Get ready for the adventure!



GET TO KNOW SCI!



Service Civil International is the oldest voluntary peace movement in the world, with over 100 years of experience. Our mission is to promote a culture of peace by organising international volunteering projects with local and global impact. We are present in 40 countries on 5 continents, and we cooperate with partners in almost all countries of the world. Read more here: <https://sci.ngo/>

During 100 years of operation, SCI has accumulated lots of expertise in peacebuilding and community work, which has been recognised by many institutions, including UNESCO and the Council of Europe. We have also been nominated numerous times for the Nobel Peace Prize.



SCI Switzerland is the Swiss branch of Service Civil International with a long-standing tradition. In fact, the founder of SCI, Pierre Cérésolle, was Swiss! Get to know us here: <http://scich.org/>



My Peace Journal was born under the “**Peace for Change, Change for Peace**” project by SCI Switzerland. The project, which took place between 2021 and 2023, connected the idea of peace to the daily actions of young people across Europe and the Middle East and empowered them to act for peace in everyday life. Our initiative promoted the values of peace and nonviolence and supported the growth of a new generation of changemakers for a more peaceful world.

The project consisted of:

- two international training courses (“Peace with Others” and “Inner Peace and Peace with Nature”) to build the capacity of 64 volunteers, educators, and youth workers in the field of peace and peace education,
- local follow-up actions for peace,
- and of course, creating My Peace Journal!

The “Peace for Change, Change for Peace” project was financially supported by Movetia. Movetia promotes exchange, mobility and cooperation within the fields of education, training and youth work - in Switzerland, Europe and worldwide. www.movetia.ch

MORE PEACE INSPIRATIONS FROM SCI

Have a look and try out other SCI publications and courses connected to the topic of peace!

•What will I do for Peace today?

An inspiring poster with plenty of ideas about what you can do here and now for a more peaceful world. Available in numerous languages and with 3 different designs.

Find it here: <https://scich.org/en/news-peace-poster/>



•SCI Peace Cards

A beautifully designed tool to spark a discussion on peace, nonviolence, and activism. Each set contains 56 cards with quotes connected to the above topics and 4 additional cards with instructions and further information. Available in electronic and printed versions.

Check them out here: <https://sci.ngo/resource/sci-peace-cards/>



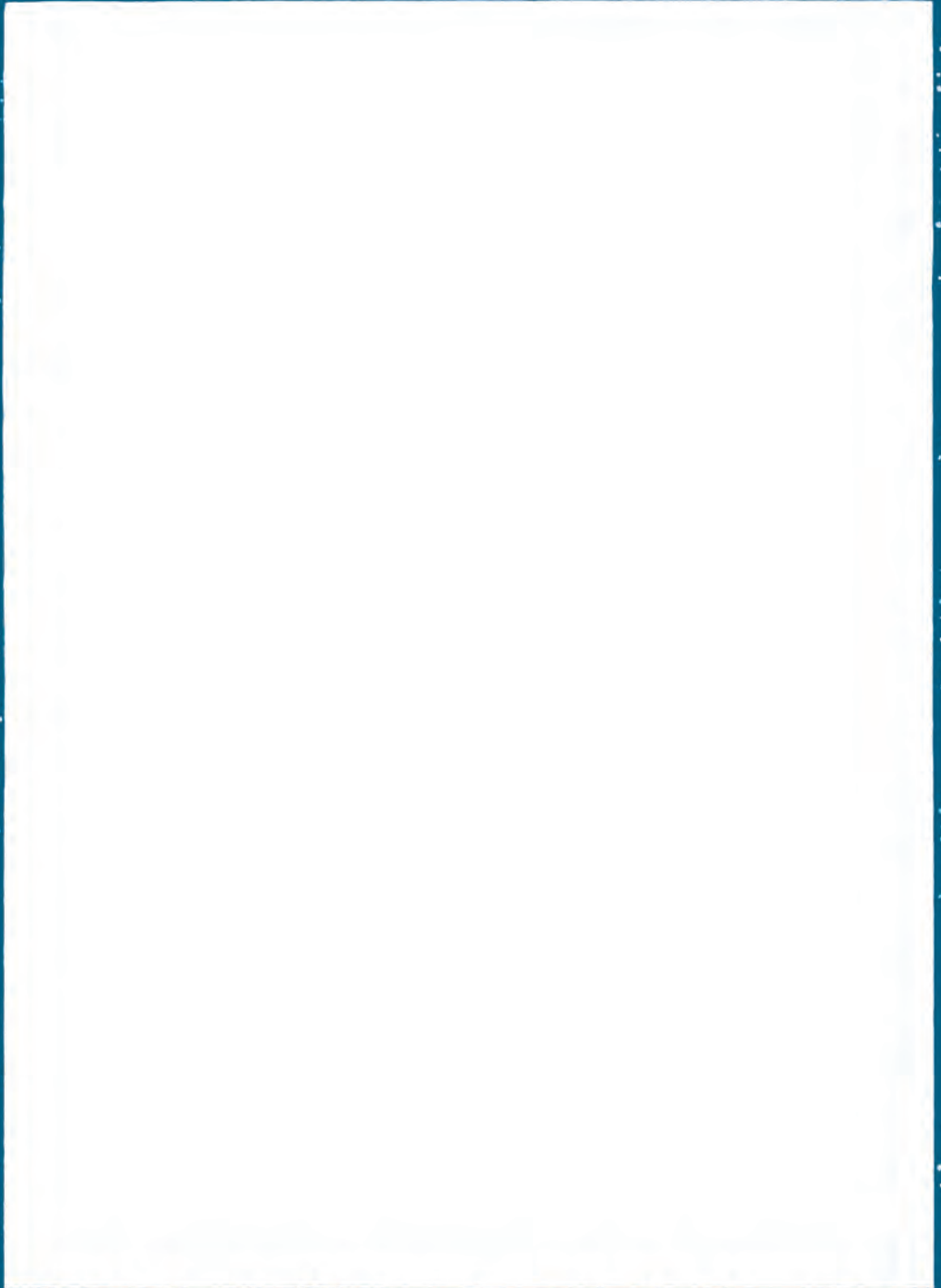
•Peace Education in Practice online course

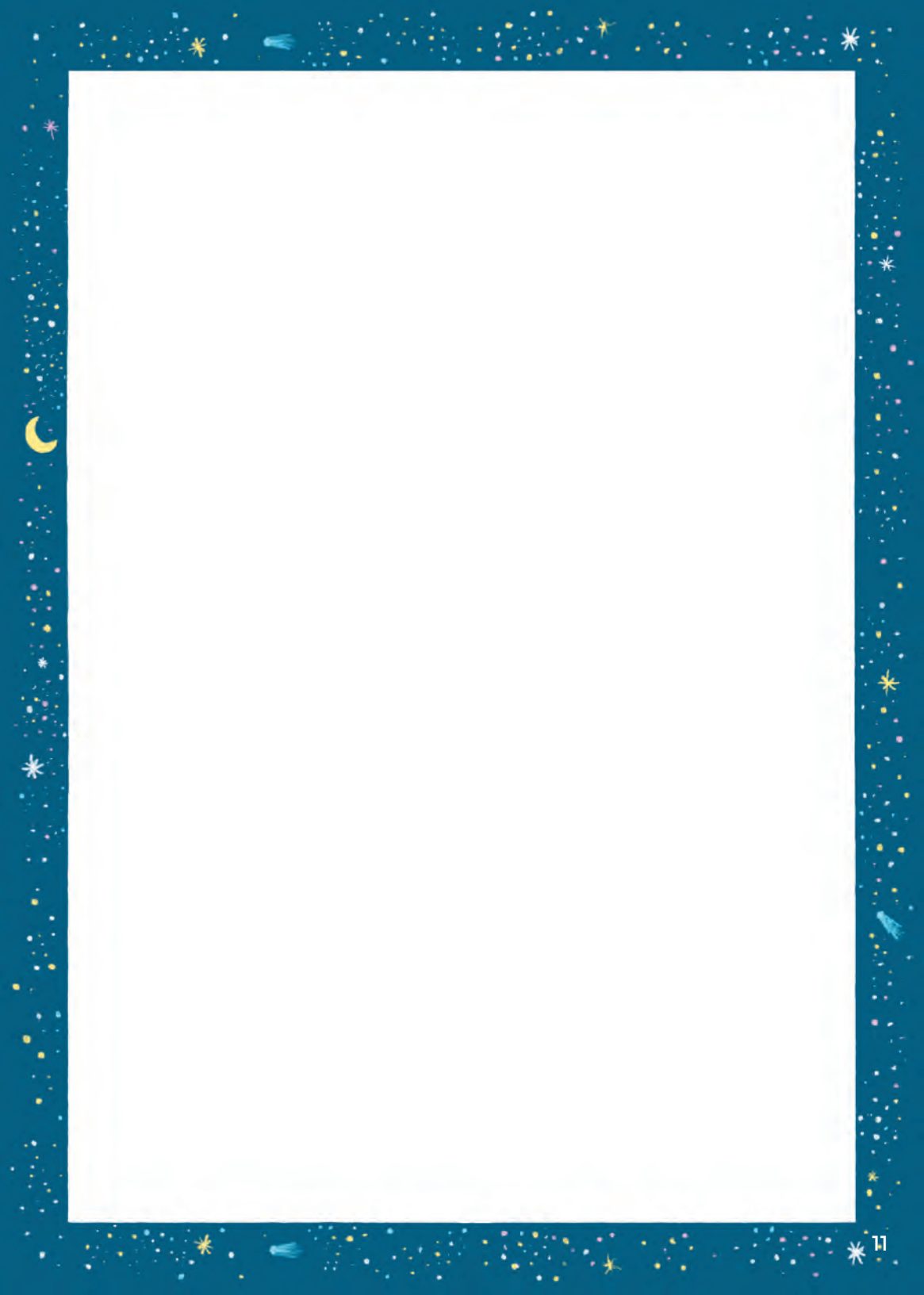
What is peace? It is not an easy or simple question. It can provoke meaningful discussions with many perspectives and understandings. Begin your journey by discovering what peace is, how it is defined, and how it can be practised!

Explore it here: <https://learning.sci.ngo/courses/peace-education-in-practice/>



SPACE FOR REFLECTION

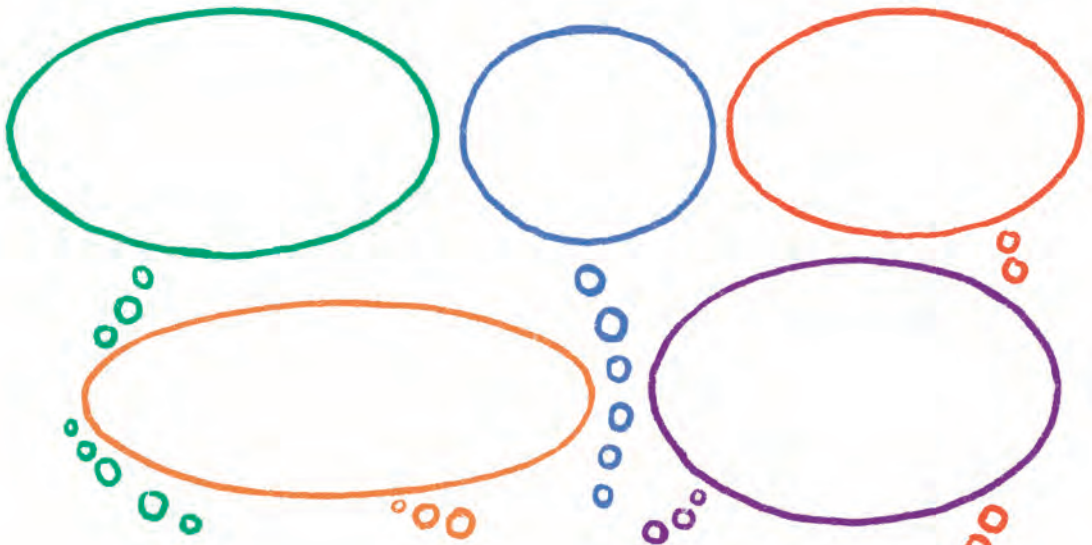




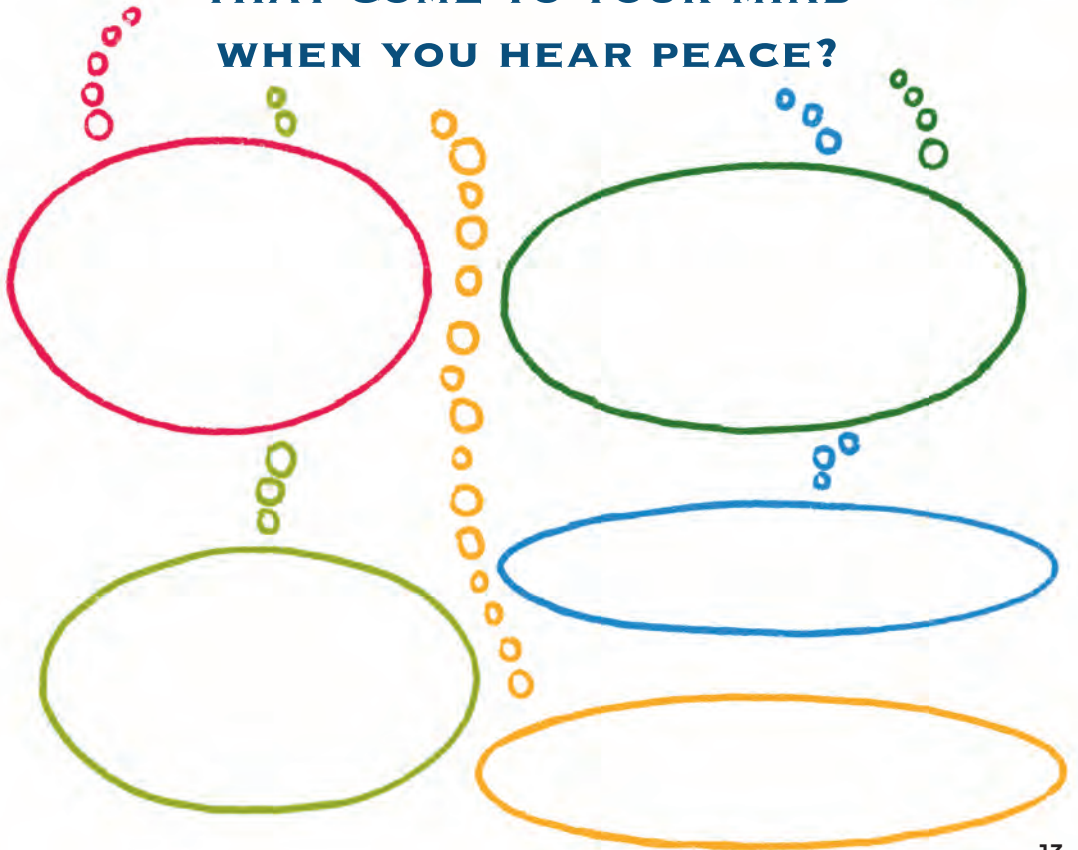
WHAT IS PEACE FOR YOU?

LET'S TRY DIFFERENT WAYS TO EXPRESS IT!





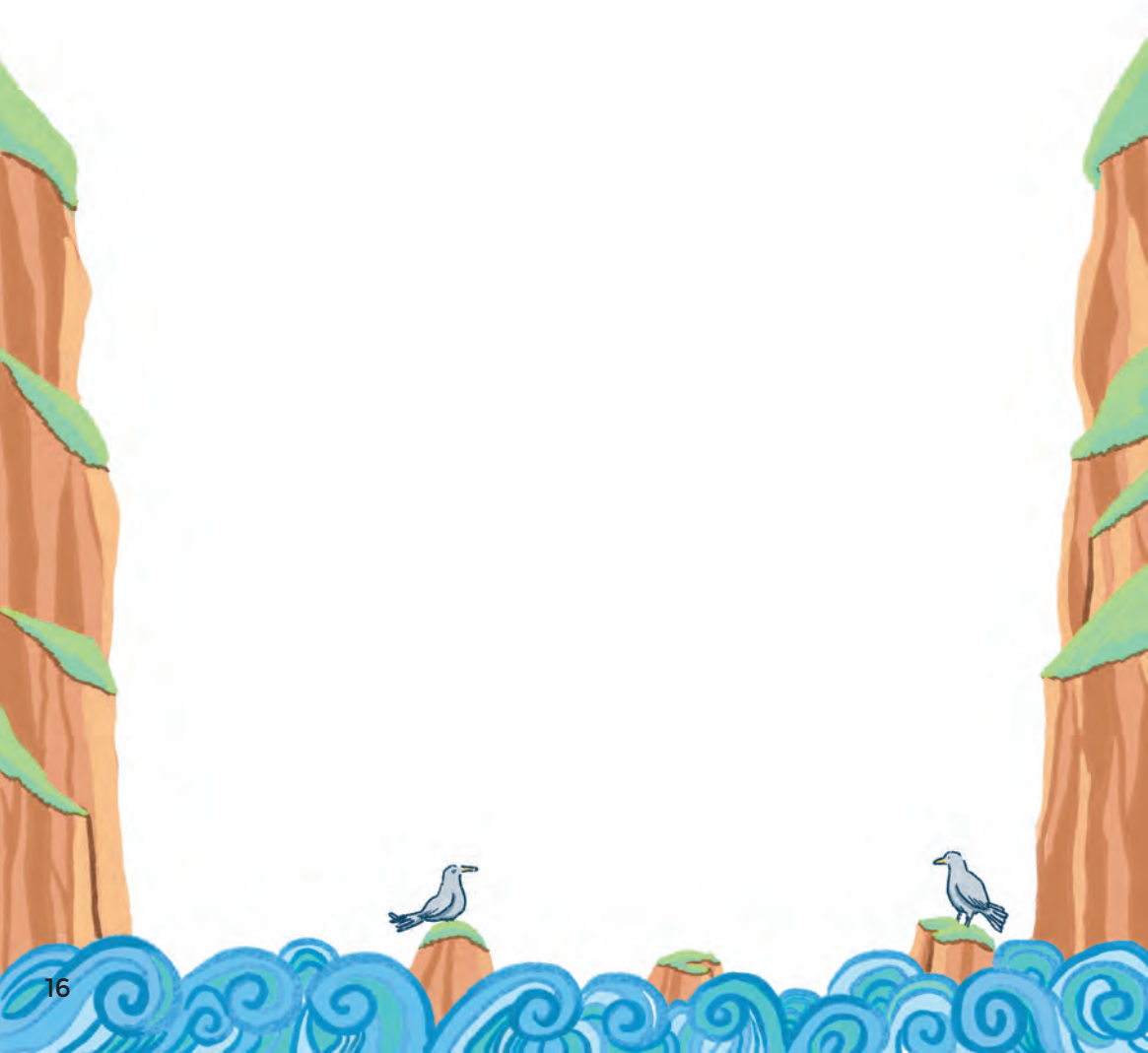
**WHICH ARE THE FIRST WORDS
THAT COME TO YOUR MIND
WHEN YOU HEAR PEACE?**



DRAW HOW YOU IMAGINE PEACE!

A SIMPLE EXPLANATION OF PEACE NEEDED!

What is peace? How will you explain simply and understandably what peace is to a five-year-old child?



AM I AT PEACE?

On a scale of 0 to 10, how much are you at peace:

•with yourself?

0-1-2-3-4-5-6-7-8-9-10

•with people around you?

0-1-2-3-4-5-6-7-8-9-10

•with nature?

0-1-2-3-4-5-6-7-8-9-10

Why?

A MOMENT OF PEACE

Take a few minutes for yourself. Relax.

Now bring back in your memory a moment when you experienced peace.

•How did you feel at that moment?

•What exactly happened?

•Where were you?

•Who was there?

•What were the factors to make you feel at peace?

ANOTHER MOMENT OF PEACE

After some days after the previous retrospection, again take a few minutes for yourself.

Bring back in your memory another moment when you experienced peace.

•How did you feel at that moment?

•What exactly happened?

•Where were you?

•Who was there?

•What were the factors to make you feel at peace?

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MY PEACEFUL NOTES

A decorative border of green vines with small purple flowers and leaves surrounds the page. The border is composed of four sides, with the top and bottom sides being longer than the left and right sides.

MY PEACEFUL NOTES

THINGS THAT BRING ME PEACE

What do you love to do that makes you be at peace?
What are the things that bring you peace?



MORE PEACE EVERY DAY

Look at the list from the previous page.

What can you do to have more of these peaceful moments?



QUOTES ON PEACE

Have a look at the following quotes on the essence of peace.

Which ones do you agree with and which ones do you disagree with?
Which quote would become your favourite?

Why?

Peace is not something you wish for; it's something you make,
something you do, something you are, and something you give away.

John Lennon

Peace starts within each one of us. When we have inner peace, we can
be at peace with those around us.

Dalai Lama XIV

Peace of mind is attained not by ignoring problems, but by solving
them.

Raymond Hull

Peace is not merely a distant goal that we seek, but a means by which
we arrive at that goal.

Martin Luther King, Jr.

Peace equals ability to handle conflict, with empathy, nonviolence and
creativity.

Johan Galtung

Peace cannot be kept by force; it can only be achieved by
understanding.

Albert Einstein

It takes more than one person to bring about peace - it takes all of us.

Rosa Parks

INSPIRING PERSON

Everyone has someone to admire, someone to serve as a model, someone to bring inspiration, and someone to keep us motivated and moving. Thinking of all these inspiring figures (that you may know personally or not):

- Who is the person that pops up in your mind when you contemplate peace?
- How does this person inspire you?
- What do they do or have done?
- What would you like to take from them and apply in your life?



MY STRENGTHS

Each of us has many strengths. And the more we focus on discovering our strengths, the more we find! :)

Make a list of your strengths and passions that can bring more peace to the world.

MY STRENGTHS

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ONE WEEK IN TRUE PEACE

Imagine you live one week in true peace.

- What would it be?
- How would you feel?
- What would you do?
- What would others do?

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FROM DREAMS TO ACTIONS

What can you apply from this vision of the perfect week in your life today?

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THOUGHTS AND INSPIRATIONS

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THOUGHTS AND INSPIRATIONS

PEACE GALLERY

Look at your photo gallery. Take a bit of time and scroll through your pictures.

Find at least 5 pictures that represent peace for you and create the Peace Gallery.

Reflect on what makes these moments full of peace. What were the factors that contributed to experiencing this state?



My Reflections

Space to glue one or more pictures that bring peace to you.

QUOTES ON PEACE

Have a look at the following quotes on peace and activism.

Which ones do you agree with and which ones do you disagree with?
Which quote would become your favourite?

Why?

You cannot find peace by avoiding life.

Virginia Woolf

I was once asked why I don't participate in anti-war demonstrations. I said that I will never do that, but as soon as you have a pro-peace rally, I'll be there.

Mother Teresa

Peace is not the absence of conflict but the presence of creative alternatives for responding to conflict - alternatives to passive or aggressive responses, alternatives to violence.

Dorothy Thompson

We want peaceful homes, but what efforts do we put into making that happen? We complain about the violence on television and in the movies, yet we continue to expose ourselves to it. We worry about the violence in our children's lives, yet we buy toys that foster it... Our actions are sometimes inconsistent with our desires. We want peace yet we rarely step into the way of peace.

Patricia McCarthy

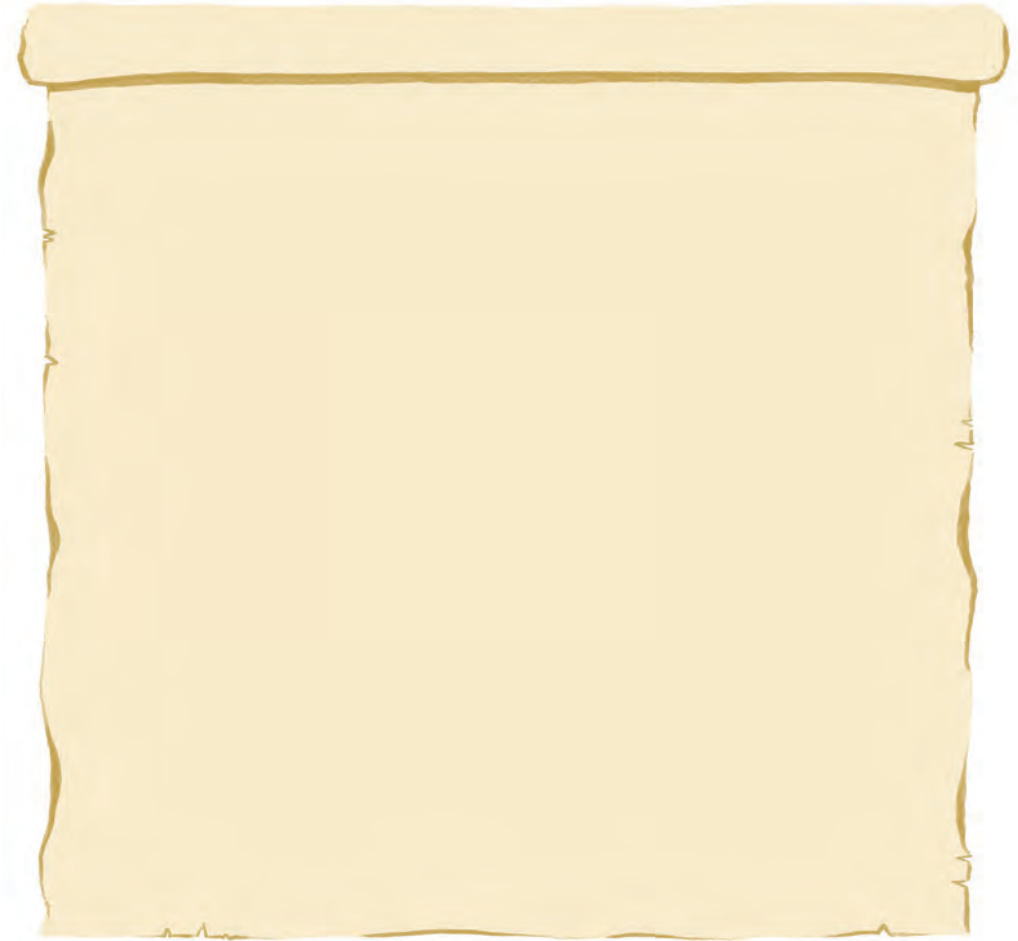
In reality, there is nothing glamorous, naïve, or idealistic about peace. Peace is not a dream; it is hard work.

Oscar Arias

BOOK ABOUT PEACE

Have you read a book about living in peace?

- If yes, which one?
- What do you remember?
- What did you take from it?
- What do you practice in your life?



Do some research and find a book connected to the topic of peace that you would like to read. Share it with a friend.

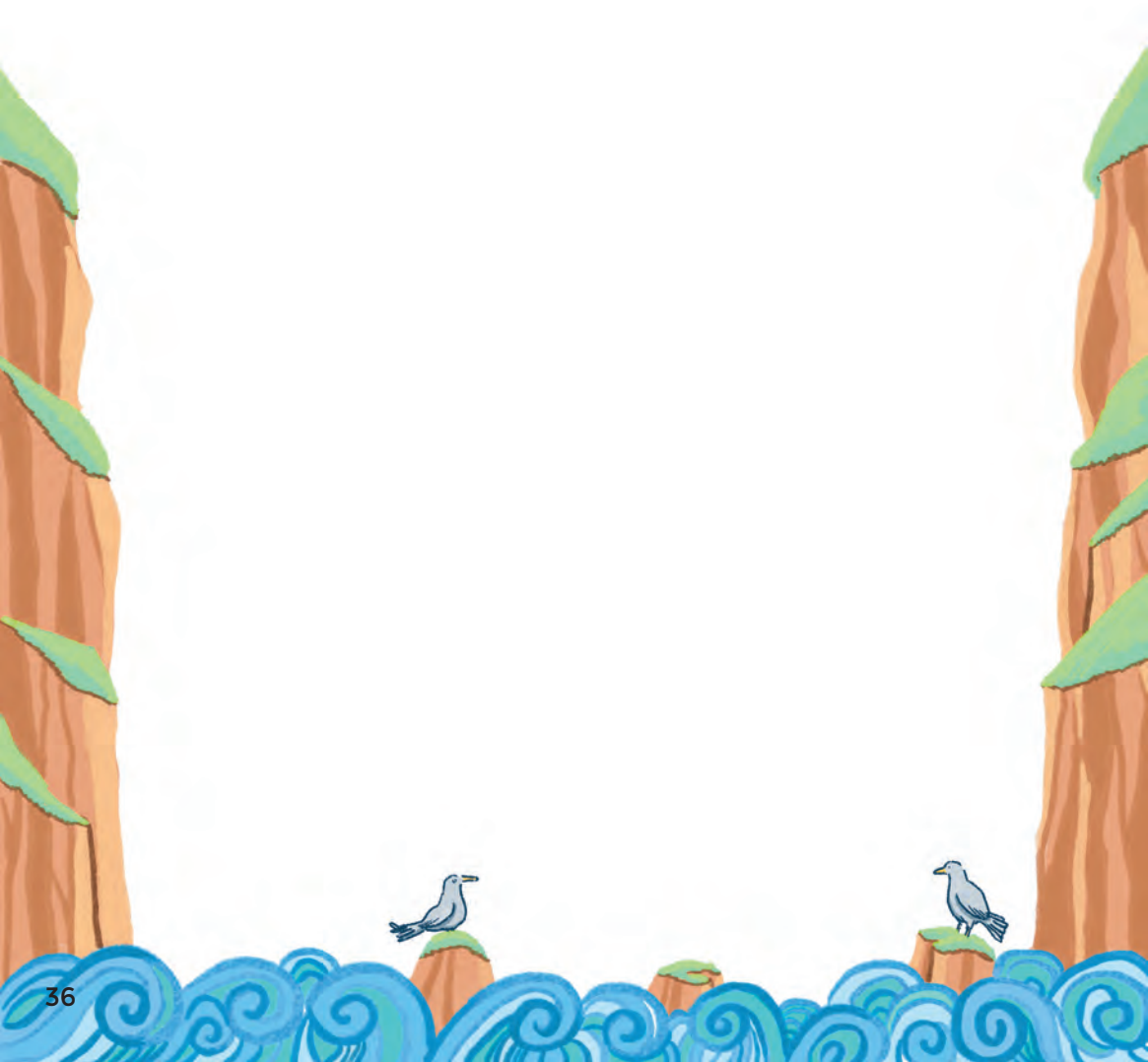
EXPERIENCE THE MOMENT

Focus and just be present in the moment.

- What do you see?
- What do you hear?
- What do you smell?
- What do you taste?
- What do you touch?

Explore fully all your senses at this certain moment, here and now.

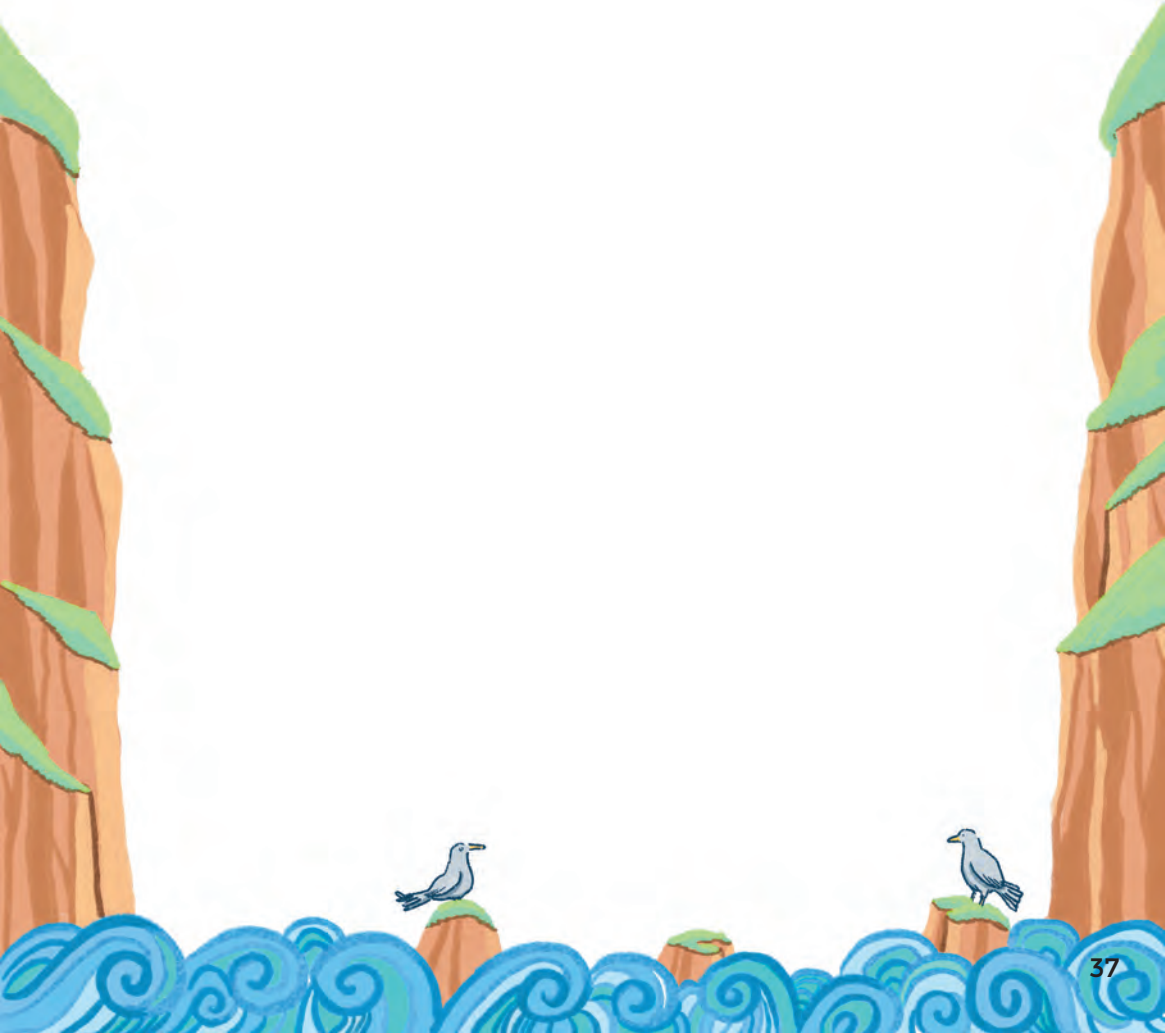
Write down your findings.



EXPERIENCE THE MOMENT

Repeat the exercise from the previous page a few more times, in different life situations.

Use this page to jot down any findings after this exercise.



A FILM ABOUT PEACE

Do some research and find an inspiring film about peace.
Share it with your friends, family, or colleagues.
If possible - watch it together! :)

- Which film did you choose?
- How was the experience?



FOOD AND PEACE

Food takes a significant part of our life. Despite some moments of fasting, each day we need nourishment. Often, we take it for granted and consume it without thinking about causes, connections, and consequences.

Have you thought of what the connection between food and peace is?

How can you use food to promote peace?

List at least 7 ideas.



Realise at least one of the ideas. And, of course, the more, the better! :)

FOOD FOR THOUGHT



FOOD FOR THOUGHT



PEACEFUL AFFIRMATIONS

Affirmations are positive statements that help you deal with negative feelings, thoughts, and situations. Practising positive affirmations is simple, and all you need to do is pick a phrase you resonate with and repeat it to yourself.

Here are some affirmations that you can try out:

- I feel calm, relaxed, and at peace.
- Eternal peace flows to and through me.
- I choose peace over worry.
- I feel peaceful, grounded, and secure.
- My heart is grateful and my mind is at peace.
- I inhale peace. I exhale worry.
- I am at peace with my past; I am in love with my present.
- I am at peace with all that has happened, is happening, and will happen.
- I give myself the gift of unconditional love, compassion, and peace.
- Deep inner peace is my natural state.
- My life is at peace at all times.
- Harmony and peace surround me.
- Wherever I go, I carry my peace with me.
- My mind and body are magnets that attract peace and joy.
- My life is filled with love, joy, and peace.
- I can maintain inner peace in every situation.

You can also create your own affirmation. Practice it for a few moments anytime you feel like it during the day. Just do it each day for a week and see how it works for you!



My Own Peaceful Affirmations

Reflections After The One-week Affirmation Practice

QUOTES ON PEACE

Have a look at the following quotes on peace and war.

Which ones do you agree with and which ones do you disagree with?
Which quote would become your favourite?
Why?

Everyone's a pacifist between wars. It's like being a vegetarian between meals.

Colman McCarthy

Establishing lasting peace is the work of education; all politics can do is keep us out of war.

Maria Montessori

There is nothing that war has ever achieved that we could not better achieve without it.

Havelock Ellis

Nations have recently been led to borrow billions for war; no nation has ever borrowed largely for education. Probably, no nation is rich enough to pay for both war and civilization. We must make our choice; we cannot have both.

Abraham Flexner

Conflict is inevitable, but combat is optional.

Max Lucado

If it were proved to me that in making war, my ideal had a chance of being realized, I would still say "No" to war. For one does not create human society on mounds of corpses.

Louis Lecoin

There never was a good war or a bad peace.

Benjamin Franklin

FIND THE WORDS!

Find 15 words hidden in the box.

What associations do they bring to you? How do they connect with peace?



FINDING INNER PEACE

How and where in your life do you find peace of mind?

Doing what and being where expands your inner peace?

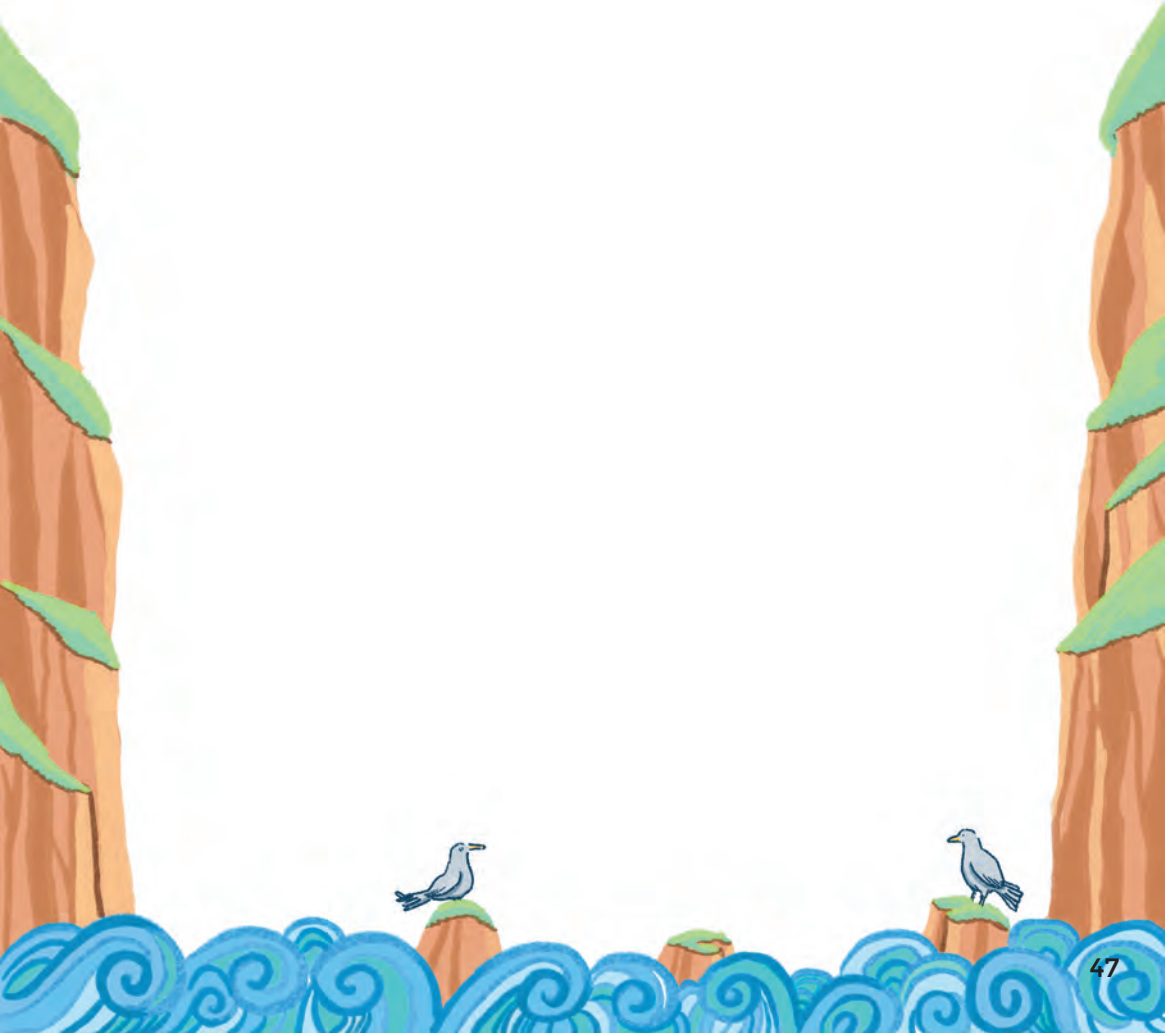
Write down your ideas and come back to them whenever you need them.



INTERCONNECTEDNESS

We are all connected. What we experience reflects on others and vice versa.

So how does finding and keeping your inner peace reflect on your connection with other people and the world around you?



A CONSCIOUS DAY

Dedicate a day to exploring how being conscious during your daily routine tasks influences your peace. When you do something, whatever it is, ask yourself these 3 questions:

- Will it bring peace to me?
- Will it bring peace to other people?
- Will it support peace in the world?

What did you find out? Which tasks are supporting bringing more peace and which ones less?



IMAGINE PEACE

If you believe it, you can achieve it!

How do you imagine world peace?

What are the 3 little things can you do to bring this picture to reality?

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IMAGINARIUM

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IMAGINARIUM



THE ADVENT OF PEACE POEMS

Read the following poems. Which one clicks to you? Which one attracts you the most and the least? What are the feelings and thoughts the poems are bringing to you?


“Let your pencil gallop away
on a sheet of paper
Allow the reins to guide it
to the dreamland”

“The smoke of a candle
dances with eternity”

“Waves coming in a rhythm
As an endless flow of thought
Be still, welcome them
And finally, let them pass”

“S(wal)low your tears
And f(ol)low
Where your mind goes”

“Celebrating life under the moon,
Celebrating dreams in bed,
Sleeping in a field of flowers,
Making a bouquet of your desires”



“Remember.
Remember the wind.
Remember the leaves
falling because of the wind.
Remember the colours of the leaves
falling because of the wind.
Remember the sound and the colours of the leaves
falling because of the wind.
Smell. Touch.
And return to the present moment.”

“It’s imperfect
It’s not even
It’s not clean
It works sometimes
And sometimes not
It’s different
And it’s charming
It’s perfectly imperfect”

The poems are from the “Advent of Peace” project, a follow-up result of international teamwork between four women: Jeanne Six (Switzerland), Liliya Dakova (Bulgaria), Mélanie Bodin (France), and Ariadna Iranzo (Spain) who took part in the international training course “Inner Peace and Peace with Nature” with SCI Switzerland in 2022.



THE ADVENT OF PEACE POEMS

Space for your own poem(s) on peace!

BREATHING PRACTICE

Awareness of the breath is a great tool for inner peace.

Breathe! This is a simple technique you can use anywhere.

Find a place to sit or lie down and take a moment to breathe as you normally would.

1. When you're ready, breathe in slowly through your nose and feel your abdomen expand fully. You can close your eyes or you can leave them open if you prefer.

2. Now breathe out slowly through your mouth or nose (whichever feels better) and feel your abdomen slowly deflate. If you'd like, you can place your hands on your belly so you can physically feel what it's doing.

3. Repeat it for 5-10 minutes.

Note: If you find yourself feeling worse or short of breath, please stop. What may work for one person may not work for another.

Take a moment and reflect for yourself on this breathing practice. What did you feel? What did you think? How is it now, after the experience, for you?



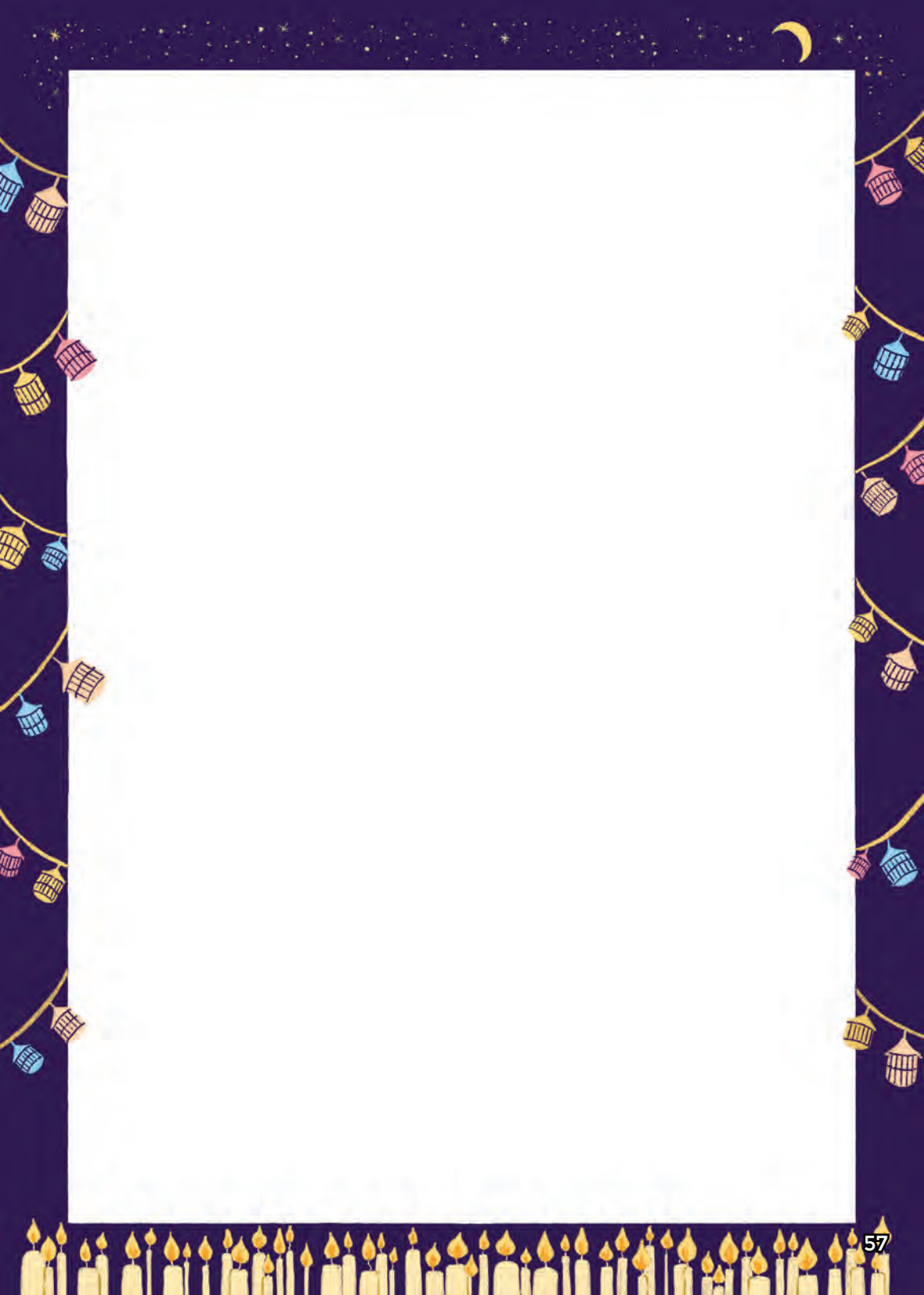
PEACE EVENING

Most probably you have plenty of experience of organising parties and dinners with friends. But have you organised a peace evening?

We invite you to get together with your friends and dedicate one evening to the topic of peace.

On these 2 pages, start the planning process!

- **What overall experience would you like to create for your friends and yourself?**
- **What will you do? What would you like to tell them?**
- **What will you prepare to eat together?**
- **What will you watch? What music will you listen to?**
- **What will be your message?**



SECRET KINDNESS

Make a secret act of kindness to someone, make someone smile, make someone happy! :)

What did you do?

How do you feel about this act of kindness?

What do you think the other person felt and experienced?



PEACE TO-DO LIST

Write down 10 things that you might do to live more in peace with others:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Choose one point that you would be ready to try out in the nearest future.



GO FREESTYLE!

A decorative border of various green leaves and vines with yellow veins, framing the central text. The leaves are in different shapes and sizes, some with prominent yellow veins, and the vines are thick and green.

GO FREESTYLE!

PEACE HITS THE HEADLINES!



Imagine someone invites you to write an article in a major newspaper. The topic should be... peace!

What would your article be about? Jot down your idea and the main points that you would cover.

PROUD OF

Sometimes we are so focused on our plans to improve the world that we forget to cherish our achievements: things we have already done that have brought a positive change.

Take a few minutes, remind yourself and note down:

- What are you proud of, connected to the topic of peace?
- Something you have done to yourself to live more in peace?
- Something you have done for other people that have brought more peace in their lives?
- Something that you have done to bring more living in harmony with nature?

PROUD OF

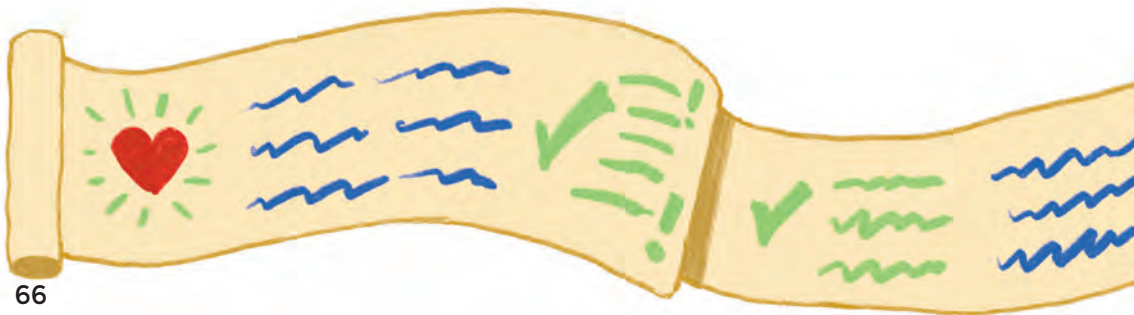


TO-BE LIST

It might be that quite often we are in a hurry and have a long to-do list, many things to be done, organised, and accomplished. But how often do we spend time focusing on ourselves? The more such time we can dedicate to ourselves, the better :)

Today we invite you to create not a new to-do list but your To-Be List.

Take your time, mind and heart on what characteristics and qualities you want to have, acquire, and develop. Just write down for yourself who you want to be and who you are to become.



TO-BE LIST



MUSIC AND PEACE

Music plays an important role in our lives. It can bring us joy, happiness, energy, and playfulness or it can make us calm and relaxed. It can make us dream and travel or bring us inspiration and motivation.

Music has a superpower and why not use it to bring more peace to our lives?

Find and/or create a playlist with songs that bring peaceful feelings and experiences to you. You may also share it with friends and/or listen to it together.



STARGAZING

Enjoy an evening under the night sky. Find a place you can observe the sky with an endless number of stars.

What are your thoughts and feelings at this certain moment?
What is the effect on you when star gazing?
What do these moments bring to you?



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AD PERPETUAM REI MEMORIAM

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AD PERPETUAM REI MEMORIAM

HOW TO BOOST HAPPINESS?

Your happiness and satisfaction with life, in general, are among the factors that contribute to your inner peace and overall well-being. And how to increase your level of happiness?

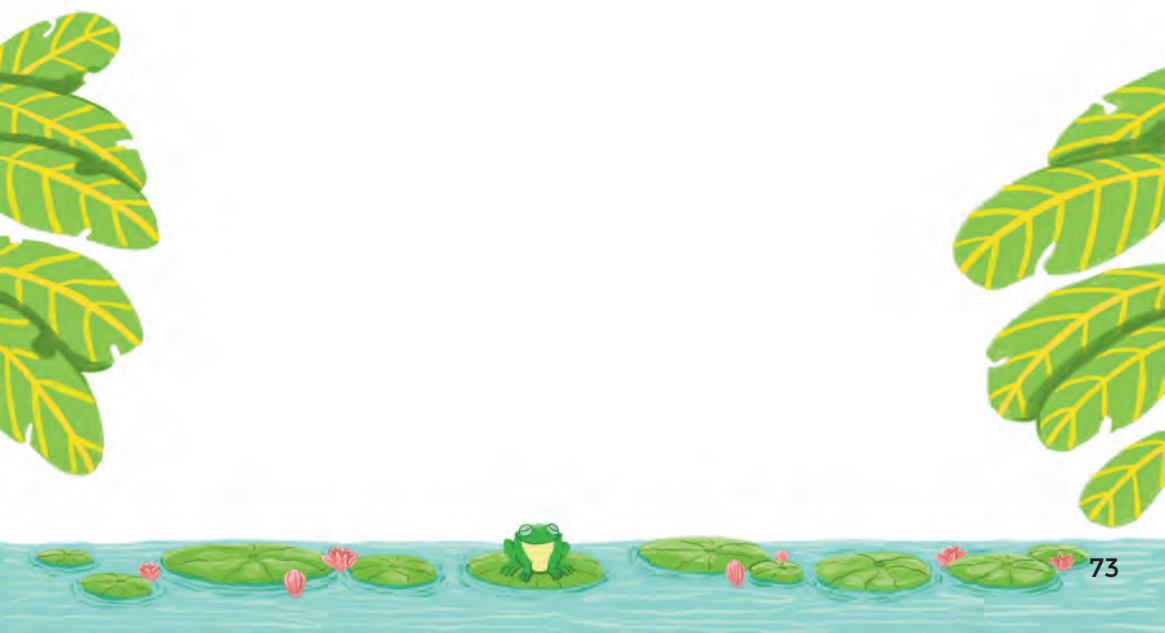
Contrary to popular belief, winning a lottery ticket won't do the job. Instead, the scientists claim, there are many small actions that you can perform every day to be a happier person.

Here are some of the science-backed hacks for boosting your happiness:

- enough sleep (preferably a minimum of 7h/night)
- regular exercise or moving (at least 30 min/day)
- regular meditation
- practising gratitude, e.g. through a gratitude journal
- savouring - stepping outside of an experience to review and appreciate it
- random acts of kindness - small actions that help or impact other people
- using your signature (most essential) strengths in your daily life
- maintaining and developing social connections (including not only meetings with friends but also talking to a stranger, chatting in a store, asking your work colleague about their weekend, etc.)
- time affluence - the feeling of having enough time in life

Which of the happiness-boosting hacks are you willing to try out? Make a plan: what/when/how often and implement it!





SOME LITTLE THINGS...

What are currently the little things that make you happy / joyful / relaxed / satisfied / peaceful?

What can you do to experience these emotions more?

MOTIVATION AND RESILIENCE

Our lives are not always easy, especially with so many external factors that can negatively influence our well-being.

On your walk through life, what can help you to stay motivated and resilient?

List some tips for yourself to support you on the journey to your next life milestone!

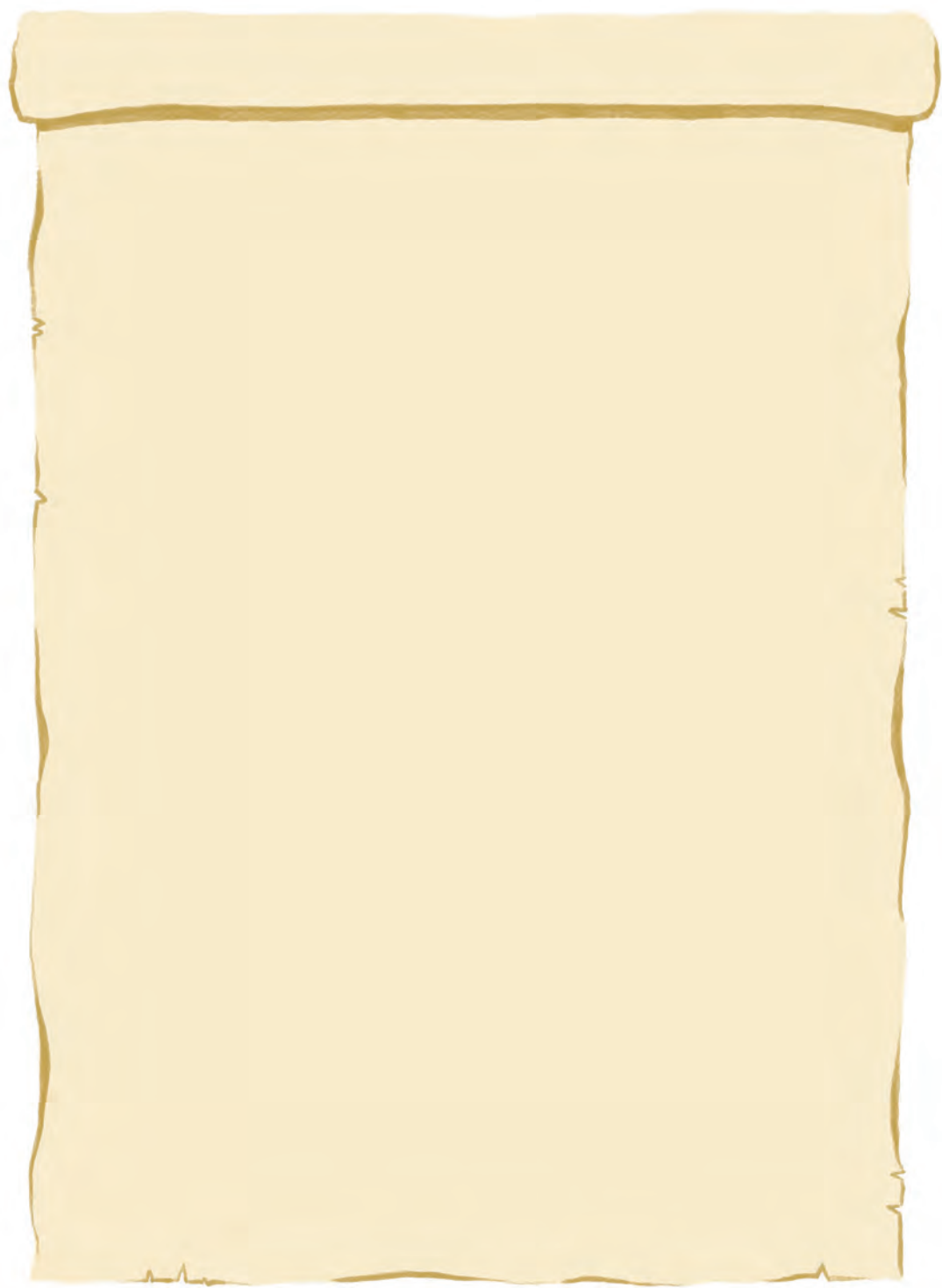


GRATITUDE LIST

Being grateful is to express appreciation for what we have in our lives. Different people have different things, and still, it is up to us what we want to focus on - either what we have, or what we lack. The choice is ours. And when deciding, it is good to remember that expressing gratitude makes us happier, brings more positive emotions, makes us feel alive and joyful, helps us sleep better, and even strengthens our immune system.

Make a list of 50 things you are grateful for at this certain moment! Consider which activities make you happy. What would you like to do more in your daily life to be happy?







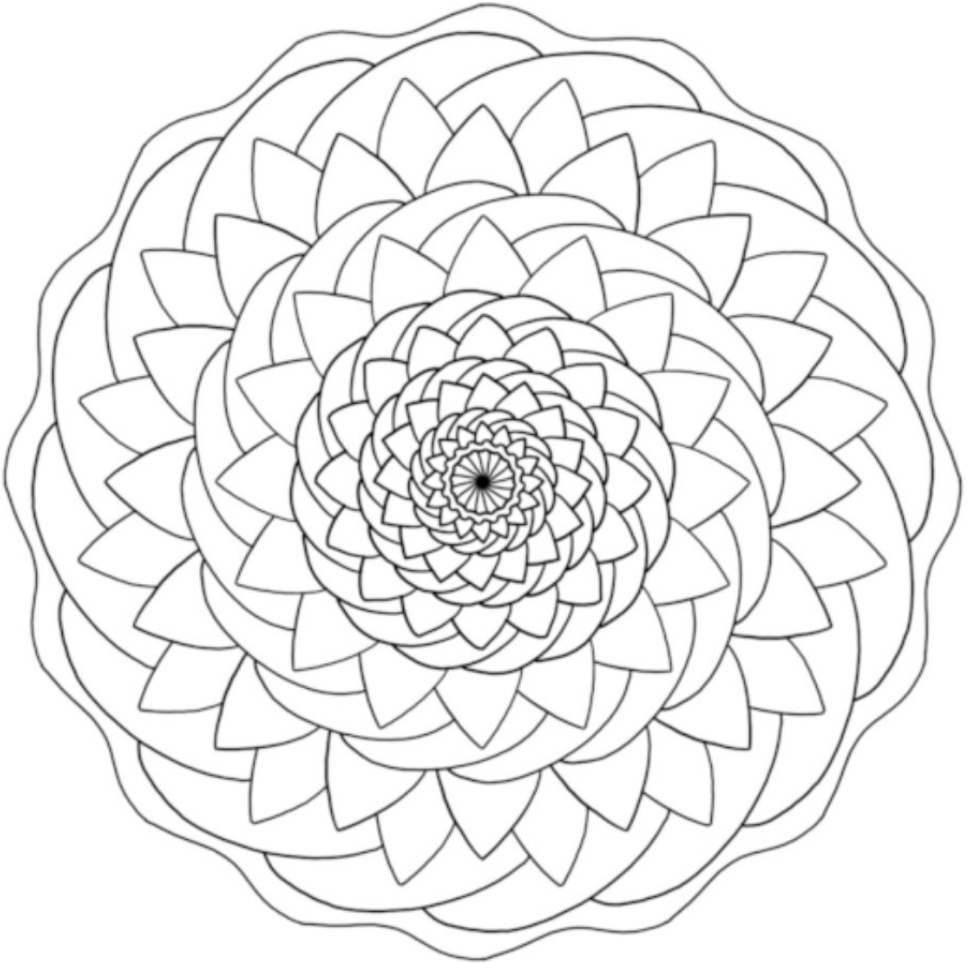
GRATITUDE JAR

Take a jar (or a little box), decorate it, and turn it into a special jar, your Gratitude Jar. Write each day on a small piece of paper one thing (or if you wish more) you are grateful for and put it in the jar.

In a year or when facing a challenging period, open and read the papers, and remind yourself of the things in your life you are thankful for.

COLOUR A MANDALA

Mandala is a Sanskrit word, meaning Sacred Circle. It represents the spiritual connection to the innermost self, a symbol for completeness and healing using sacred geometry, symmetry, and harmony. Colouring a mandala creates a sensation of calmness, wholeness, and inner peace.



How was the colouring process for you? What did you experience?



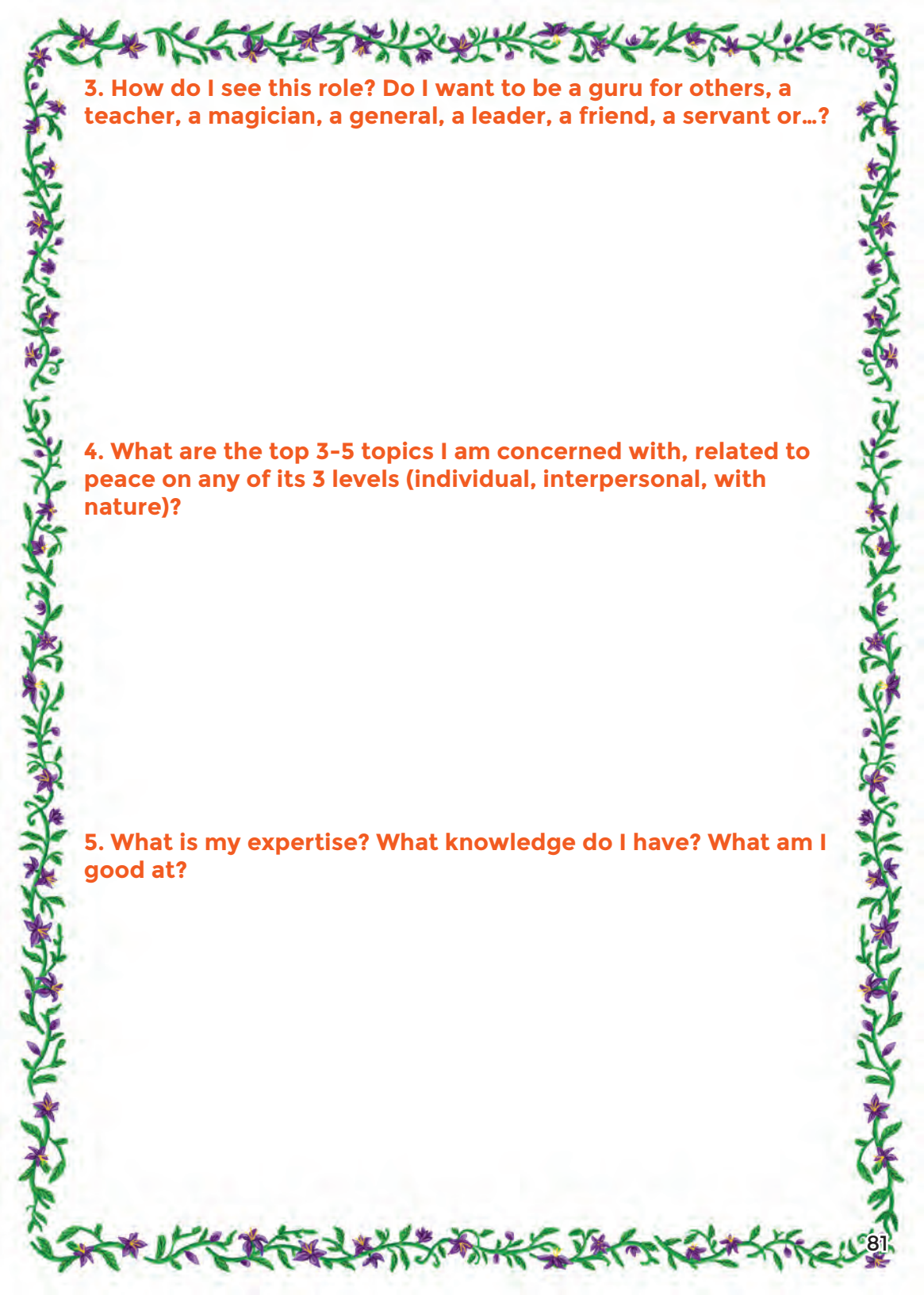
ME AS THE PEACEBUILDER

There are many ways to be a peacebuilder! Working on better family or workplace relations, daily life activism, peace education in non-formal settings, advocacy, campaigning, humanitarian work, etc. Which one will you choose?

Use the below questions to reflect on your role as a peacebuilder and your influence!

1. Why do I choose to work and/or volunteer for peace?

2. How do I see myself? Am I a peacebuilder, peace educator, activist, volunteer, changemaker, or somebody else?



3. How do I see this role? Do I want to be a guru for others, a teacher, a magician, a general, a leader, a friend, a servant or...?

4. What are the top 3-5 topics I am concerned with, related to peace on any of its 3 levels (individual, interpersonal, with nature)?

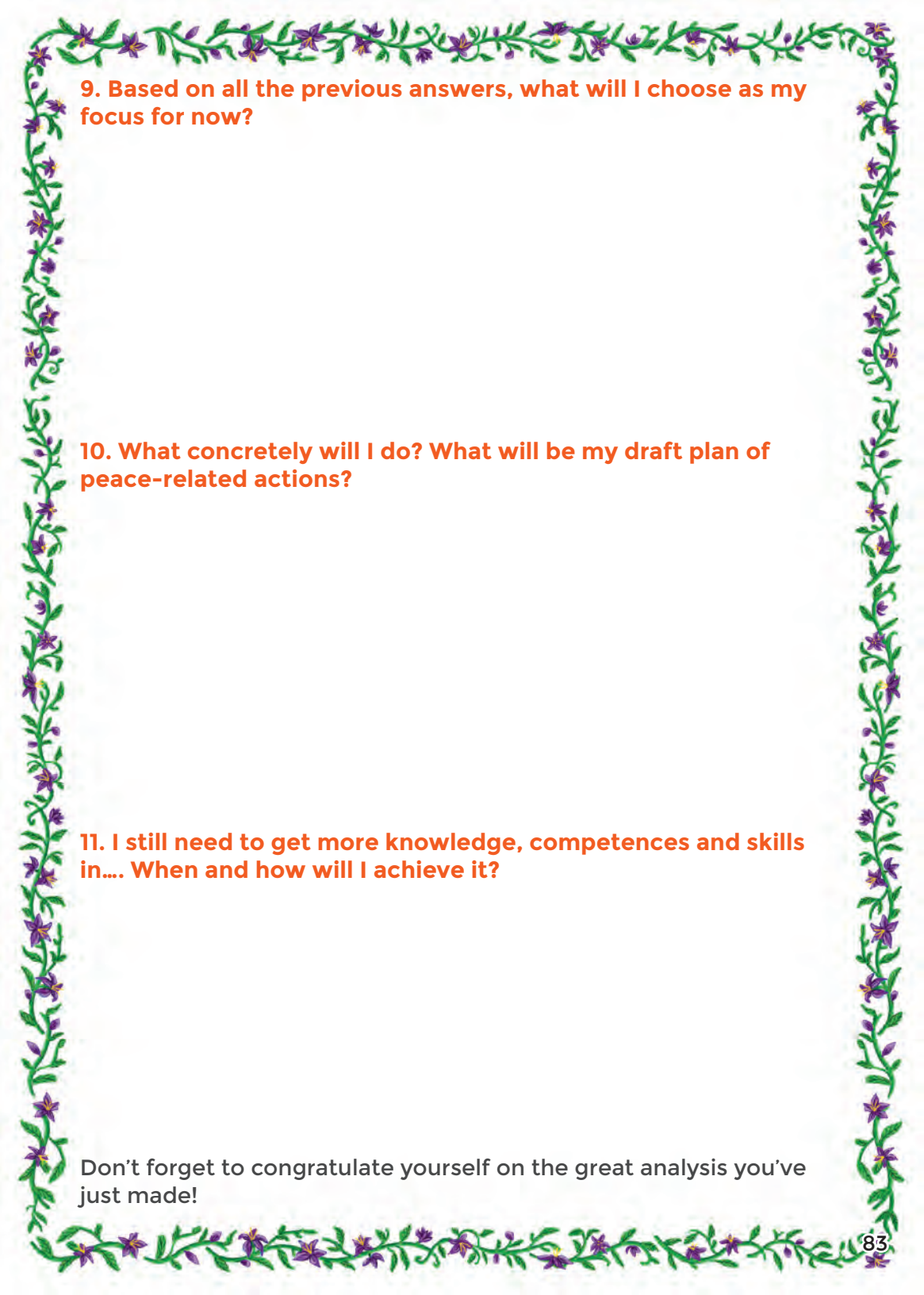
5. What is my expertise? What knowledge do I have? What am I good at?



6. Which topics and ways of working do I enjoy and find motivating to work on?

7. Which topics and ways of working don't bring me joy and motivation?

8. Now, from the topics that I mentioned in point 4, where can I have the biggest influence/impact, and achieve the best results if I take action?



9. Based on all the previous answers, what will I choose as my focus for now?

10. What concretely will I do? What will be my draft plan of peace-related actions?

11. I still need to get more knowledge, competences and skills in.... When and how will I achieve it?

Don't forget to congratulate yourself on the great analysis you've just made!

10 THINGS I WILL DO FOR PEACE

Sometimes we dream that peace happens by itself. Sometimes we forget how important our role is in bringing and keeping peace. Write 10 things that you will do:

- to bring more inner peace,
- to live in more peace with others,
- to be in peace with nature.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

VOLUNTEERING FOR PEACE

There are many organisations that in one or another way create and support a culture of peace. Check what kind of organisations there are in your place and find those that work to promote peace.

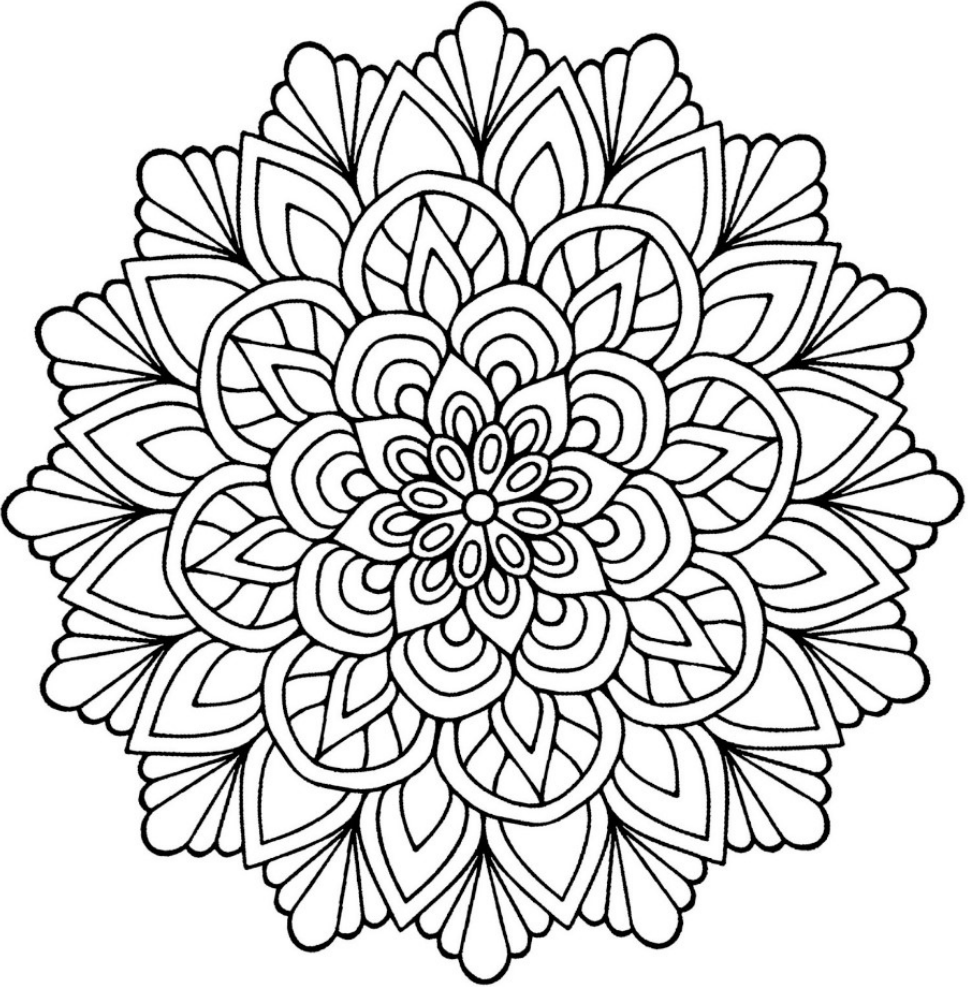
List them here:



If you were to join now one of the organisations working for peace, which one would it be and why?



COLOUR A MANDALA



How was the colouring process for you? What did you experience?



JUST BE HERE AND NOW

This is an invitation to stop for a while.

Take your time.

Just make space to breathe.

Focus on your breathing and be here and now, fully.



A decorative border of orange flowers and green leaves surrounds the central text. The flowers are trumpet-shaped and the leaves are various shades of green with detailed vein patterns.

MY REFLECTIONS

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MY REFLECTIONS

The page is framed by a decorative border of vibrant orange flowers and lush green foliage. The flowers are trumpet-shaped and arranged in a repeating pattern along the top, bottom, and sides. The leaves are various shades of green, some with prominent veins, and some are fern-like. The central area is a plain white space.

MY REFLECTIONS

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MY REFLECTIONS

Dear Friend,

As you come to the end of this journey through “My Peace Journal”, we are filled with gratitude for your presence and dedication. Thank you for embarking on this exploration of peace with us! Creating this journal has been a labour of love, driven by a shared desire to cultivate peace within ourselves, with others, and with nature. It is our hope that these pages have sparked reflection, inspired action, and empowered you to become a changemaker for a better world.


Your commitment to peace and your willingness to consider the broader impact of our actions gives us great hope. Together, we can create ripples of peace that extend far beyond the pages of this journal! And whenever in doubt or feeling too small, please remember what Edward Everett Hale once wrote:

“I am only one, but still I am one.
I cannot do everything, but still I can do something.”

Thank you again for joining us on this transformative journey. May the lessons and insights you have gained from “My Peace Journal” guide you on your path toward personal peace and inspire you to spread that peace far and wide.

With heartfelt appreciation,
Gośka, Natalie, and Jessica





Step into a world of serenity and self-discovery with “My Peace Journal” - a diary that supports your well-being and encourages you to find your path as a changemaker for a better world.

Within these beautifully crafted pages, find solace, introspection, and an inspiring space for reflection on the transformative power of peace and peaceful living.

With thoughtful prompts and ample room for self-expression, “My Peace Journal” gently guides you to connect with your inner self, others, and the world around you, empowering you to create a ripple effect of peace that resonates far beyond its pages!

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