



# INNER PEACE

BE COOL, CALM, AND COLLECTED

**Accept responsibility.** Be the master of your destiny rather than outsourcing your responsibility to others.

**Find your purpose.** When you do something for satisfaction rather than reward, the reward is often the satisfaction of doing it.

**Live with honor.** Do what's right, not out of fear of getting caught, but because your integrity matters.

**Be reasonable.** Strive for excellence, not perfection. Excellence is more than sufficient.

**Develop trusting relationships.** Surround yourself with people who bring out the best in you.

**Make everyone a winner.** Focus on win-win relationships rather than on winner-take-all.

**Be thankful.** Find your happiness, not by seeking more, but by appreciating what you already have.

**Strive for balance.** Enjoy the journey as well as the destination. Happiness is not a matter of intensity but of balance.

**Learn to say "no."** Make your priorities a priority.

**Live in the moment.** Leave the past behind.

**Unclutter your world.** Take a load off your mind. Don't allow fear, guilt, worry, envy, and anger to weigh you down.

**Control what you can.** Keep things in perspective. You can't control the uncontrollable, but you can control how you respond to it.

**Be true to yourself.** Reach for the stars and be proud of your achievements, but also take pride in the way that you achieve them.

**Build good karma.** Give of yourself, not because you expect something in return, but because witnessing others' happiness is, by itself, a worthy reward.

**Hold your head up high.** If you don't believe in yourself, why should anyone else?