

3 Ways to Get to Inner Peace

NAME:

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This worksheet is a supplement training guide to “3 Ways to Get to Inner Peace” video published on August 13, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Do you ever feel imprisoned by the negative thoughts that keep circulating your mind? We often over worry, and feel stress and anxious because it’s easier than learning to look for the positive. The thing is that being anxious or continually worrying about our situation doesn’t accomplish anything. But, how can you find a sense of inner peace, harmony, emotional well-being, and replace those negative thoughts with positive ones? You can start by practicing these tips that can lead you to inner peace.

Are you a victim of over thinking and stress?

Control your mind- Your mind is the most powerful tool you have. If it is not used correctly, can also be the most destructive force in your life.

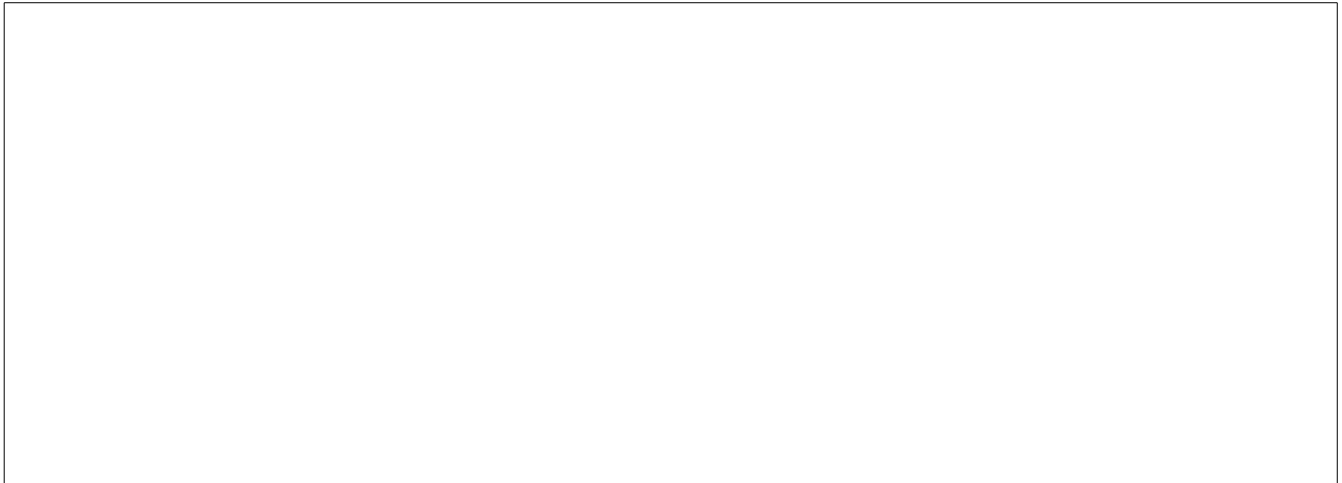
3 things we do that leads to internal chaos:

1. We judge- Judgment is just a recipe for suffering leading to negative energy.
2. We time travel- An inability to let go of the past will plague the mind. It keeps you from enjoying the present moment. Take each day as it comes. Learn to appreciate events as they happen.

3. We label- Words have power. How we choose our words, how we label can shape our lives.

Action steps:

1. Interrupt your pattern- It is a technique to change a particular thought, behavior or situation. Change/Stop any negative thoughts before it controls you.
2. Journal- list your pattern. Review and eradicate all negatives.



3. Meditation- If you do not meditate yet, you are missing out on a very important activity that can change your life. You will be surprised what a mere 10-20 minutes of meditation can do to turn things around for you

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Alvin Brown

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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