

# The Path to Inner Peace



# Objectives

- It all starts with you
- Creating inner peace
- Letting go of anger and guilt
- Let go of worry
- Revisit your past
- Acceptance



Peace comes from within. Do not seek it without.”

— [Gautama Buddha](#)

“We can never obtain peace in the outer world until we make peace with ourselves.”

— [Dalai Lama XIV](#)

The quickest way to experiencing the peace inside, is to learn to recognize when I am not at peace.”

— [Jim McDonald](#)

# It all starts with you

- Take a confidence test
- What are your greatest strengths?
- How often are you excited?
- Describe a peaceful person you know
- Describe what a peaceful person sounds like and looks like...
- Take a journey and set time to listen to your body, heart and soul
- Be ready for a better quality of life

# Ways that help us create inner peace

- Sounds (silence)
- Practice compassion
- Visualization
- Affirmations/Self talk
- Breathing
- Art of Gratitude
- Meditation
- Nature



What's blocking you?

# Letting go of guilt/anger

- Being stuck in anger or guilt shocks our system and causes fatigue, illness and depression
- Examine the root cause of the emotion
- Use warmth, love, and compassion!
- Talk it out, write a letter, journal about it...keeping it in won't help you let it go

# Worry less

- You have the power to move forward
- Worry can be harmful to your mind and body
- Being aware of your worry is the first step in stopping it... Awareness!
- Observe your thoughts, feelings, emotions
- Let go of always being in control
- Be in the moment, be present!
- How can YOU worry less?



# Revisit your past...

- Why are you the way you are?  
Ask yourself questions!
- What reflections can you make  
about your habits?
- Try to understand why you have done  
whatever you have done
- What is your baggage?



# Acceptance

- Accept you and be happy with yourself, your life
- Can you do anything about your concerns? Worries?
- Ask yourself – do you want to?
- How much focus does this thought deserve?
- What do you need to do to let it go?

# Best Practices

- Don't take too much too seriously
- Don't be too alone
- Hug loved ones
- Allow yourself plenty of time to forgive
- Don't demand perfectionism of yourself/set realistic expectations
- Don't worry – be happy!
- Get a coach/mentor to show you how they do it

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