

*Pathways to Peace Reflection*

**Visualization: Focus Through the Fog**  
**Chapter: Focus and Engage**

Identify your specific intention for today (Being present, motivated, connected, peace, etc). Why is it important to you **today**?

*Response:*

What are some of the distractions or challenges that keep you from your intention (that you might need to let drift into the fog)?

*Response:*

Describe your day in detail if you remain focused on your intention. What do you see/do/feel? How do you respond to specific situations?

*Response:*

How committed am I to my intention? When I find myself distracted, how can I return my focus to my intention?

- Examples: Breathing intention in and distraction out, keeping a reminder in my pocket or on my phone, asking [specific person] to remind me of...

*Response:*

**Booster:**

*I am committed and focused on [name intention]. I let distractions drift into the fog.*

**Visualization: Your Extraordinary Self**  
**Chapter: Self-Acceptance and Confidence**

Identify 2-3 places you would describe as extraordinary. What traits make them extraordinary, or remarkable, in a positive way?

*Response:*

Name one person you would describe as extraordinary? What trait(s) make that person extraordinary from your perspective?

*Response:*

What specific doubts keep you from believing you are extraordinary?

*Response:*

For each doubt, turn it around to make an extraordinary statement

- Example: My personality is boring. Extraordinary statement: My personality is extraordinary because it is unique to me.

*Response:*

**Booster:**

*The reality of me being extraordinary exists beyond this space and time. I commit to believing in my extraordinary self.*

**Visualization: Waterfall**  
**Chapter: Gratitude**

Describe in detail the waterfall you envisioned during this visualization. Where was it? Was it real, a video, or a picture? What colors do you see? What is the force of the falls? What vegetation surrounds it? What are your feelings and thoughts as you watch it?

*Response:*

Set a timer for one minute and make a list of specific “gratefuls”.

*Response:*

What obstacles most often get in the way of you being grateful? For each obstacle, write a statement to redirect your focus.

- Example: Self pity for not being able to afford something. Redirection: I am fortunate that I was able to afford [name 3 things]. Not everyone is able to.

*Response:*

Consider the statement on page 43: “It’s inconceivable to stop the flow of water, and it’s equally challenging to cease being grateful once you begin.” Do you agree or disagree? Name a time when your sense of gratitude grew the more you focused on being thankful. How did it change your breath, your feelings, and your thoughts?

*Response:*

**Booster:**

*The power of gratitude washes away negativity and refreshes my being.*

**Visualization: Ripples on the Water**

**Chapter: Letting Go**

Describe in detail the body of water by which you choose to sit. Where are you? Is it morning or evening? What sounds do you hear? What surrounds the water? Why did you choose this place?

*Response:*

What concern or worry do you assign to the first rock? Why is it first? What is taken away from you when you continue holding onto it?

*Response:*

How do you feel when you release it and watch the ripples fade away?

*Response:*

Repeat the above two questions as many times as necessary before going to the last question..

*Responses:*

What do you now have room for (in your mind, heart, liife)?

*Response:*

**Booster:**

*Letting go has positive ripple effects on my body, mind, and spirit.*

**Visualization: Winding Down with the Wind**  
**Chapter: Relaxation**

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Make a list of the thoughts/concerns/worries you wish the wind to blow from your mind today. For each thought, do you need a powerful gust, moderate wind, or slight breeze to take it away? Why did you make the choice you did? How far away do you need each thought to blow? Why?

*Response:*

Now that your mind is free, what changes do you notice in your breath, body, feelings, and/or attitude?

*Response:*

Choose an intention to fill your mind with now. Why did you make this choice? How will it help you?

- Example: Intention: present moment. It will help me keep from being overwhelmed by thoughts, concerns or worries.

*Response:*

**Booster:**

*I choose where to focus my mind, and release what isn't useful into the wind.*