

Guide to Cultivating Inner Peace



1

You are important and unique. Love yourself!

2

Encourage and value your friends. You will see how much they will appreciate it.



3

Discover how beautiful it is to be different or diverse.

4

Ask for things by saying "please", and say thank you often - it's really easy to do so!



5

Learn to listen to better understand those around you.

6

Do your jobs as best you can, your effort will be worth it!



7

If you meet deadlines and complete your tasks and assignments, everything will flow better.

8

Working with others in a group can help you achieve much more than doing things alone.



9

Spending quality time with others will bring you joy.

10

If you can find peace within yourself, everything around you will feel peaceful too.

