

# P.E.A.C.E.

HAPPINESS BEGINS WITH A PAUSE

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To be happy, you need to find peace.

Peace with yourself, peace with the others, peace with what is.

And to get there, you'll first need to start noticing the moments when you're not. And that's not always easy. We operate most of the time on auto-pilot – your brain's default behavioral patterns whoosh you through most of your day without you being aware.

Stop with for a moment and think about something that makes you unhappy. Notice your body. Where do you *feel* tightness, discomfort or strain? The chest, stomach and neck are common, but you may feel it anywhere. This somatic clue will tell you when you're not at peace, stressed out or out of alignment with your best self.

Whenever you feel it:

**P**ause (this will disrupt your brain's reactive default pattern and allow for something new...all possibility exists in that pause.

**E**xhale (you're probably holding your breath...

**A**sk what do I want to create or have happen? What action will get me closer to feeling the way I want to feel? What can I do now that will make me proud tomorrow?

**C**hoose an action

**E**valuate. How did it go? No judgment here.

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