

Calling all Women: Do ONE Thing to Build Peace on September 21
International Peace Day * Peace Begins With You and Me

A FORCE OF ONE: TOGETHER WE WILL CHANGE THE WORLD

PEACE FORCE

9/21 TO-DO LIST

- ☐ LOVE YOUR NEIGHBORS AS YOURSELF.
- ☐ BE KIND AND CONSIDERATE OF OTHERS.
- ☐ LISTEN AND SHOW RESPECT FOR EVERYONE.
- ☐ LOOK FOR THE OPPORTUNITY IN EVERY PROBLEM
- ☐ DEEP BREATHS BEFORE REACTING WITH ANGER.
- ☐ PRACTICE YOGA, TAI CHI, OR AKIDO DAILY.
- ☐ MEDITATE AT LEAST THREE MINUTES A DAY.
- ☐ ACCEPT OTHERS AS THEY ARE.
- ☐ TAKE AN ANGER MANAGEMENT CLASS.
- ☐ TAKE A CONFLICT RESOLUTION COURSE.
- ☐ READ PERSONAL "HOW TO" INNER PEACE BOOKS.
- ☐ JOIN A SUPPORT GROUP LIKE AL-ANON.
- ☐ CUT DOWN ON ALCOHOL AND CAFFEIN.
- ☐ DON'T SWEAT THE SMALL STUFF.
- ☐ DOWLOAD A CALMING APP (LIKE CALM).
- ☐ DETACH FROM PEOPLE WHO UPSET YOU.
- ☐ MAKE FRIENDS WHO SUPPORT YOUR INNER PEACE.
- ☐ ALIGN WITH PEOPLE WHO MAKE YOU FEEL SAFE,
- ☐ DOWNLOAD "198 PEACE ACTIONS YOU CAN TAKE."
- ☐ DONATE TO AN EFFECTIVE PEACE ORGANIZATION.
- ☐ VOLUNTEER FOR A LOCAL JUSTICE PROGRAM.
- ☐ MORE INFO: [WOMENFORWORLDPEACE.COM](https://womenforworldpeace.com)
- ☐ SUPPORT: [WOMENSPEACECAMPAIGN](https://www.womenspeacecampaign.com) (PAYPAL)