



FINDING PEACE

REFLECTION SHEET

WHISPER NO. 06 OF 52

ABOUT THIS WHISPER

Peace is a choice you can return to, again and again. This Whisper invites you to release what weighs heavy, focus on what truly matters, and create moments of calm in your everyday life. Spirit reminds you: you are allowed to rest.

“Peace doesn’t mean life is perfect. It means you’ve learned to breathe through the imperfections.”
— UNKNOWN

DATE: _____

A SIGN I NOTICED OR QUESTION I HAVE: _____

	WHAT IS STEALING MY PEACE RIGHT NOW? What thoughts, people or situations feel heavy?	
	WHAT CAN I RELEASE TODAY? What can I let go of to feel lighter?	
	WHAT BRINGS ME A SENSE OF CALM? What activities, places or moments bring me peace?	
	HOW CAN I CREATE MORE PEACE DAILY? What simple habits or boundaries can help me feel calm?	
	WHAT REMINDS ME THAT I AM SAFE? What truths or memories ground me in safety?	
	HOW CAN I BE KINDER TO MYSELF? What would gentle self-care look like today?	
	ADDITIONAL REFLECTIONS Anything else I would like to note.	

CAROLE'S WHISPER
Peace isn't found by searching outside of you. It lives in your breath, in your heart, in the quiet moments you choose for yourself.

AFFIRMATION
“I choose peace. I release what does not serve me and welcome calm, clarity and joy into my life.”