



Peacemaker Power Tools

- *Gratitude*
- *Guidance*
- *Forgiveness*
- *Writing*
- *Making amends*
- *Meditation*
- *Nature*
- *Intermittent fasting: whole foods*
- *Beauty, order: anti-clutter*
- *Mindful movement*
- *Sleep hygiene*
- *Deep breathing*
- *Therapeutic massage*
- *Energetic medicines: Reiki*

