

40 Peace of Mind Wisdoms

1. **Peace of Mind** comes from staying calm amidst calamity.
2. **Peace of Mind** comes from humility and humbleness being our best friends.
3. **Peace of Mind** comes from counting our blessings.
4. **Peace of Mind** comes from knowing that peace of mind is our greatest achievement.
5. **Peace of Mind** comes from knowing that lost and found is better than lost.
6. **Peace of Mind** comes from staying focused on creating a better society.
7. **Peace of Mind** comes from there are things to be accomplished and situations to be avoided.
8. **Peace of Mind** comes from knowing that when ego drives us we stay in park.
9. **Peace of Mind** comes from embracing detachment.
10. **Peace of Mind** comes from forgiveness.
11. **Peace of Mind** comes from focusing on good memories, and forgetting the bad ones.
12. **Peace of Mind** comes from complete focus on proper solutions.
13. **Peace of Mind** comes from not basing expectations on anyone but ourselves.
14. **Peace of Mind** comes from being affected by everything and reacting to nothing.
15. **Peace of Mind** comes from watching our thoughts, as they hold the power.
16. **Peace of Mind** comes from realizing that being kind is not always the answer.
17. **Peace of Mind** comes from feeling the difference between protecting or defending ourselves.
18. **Peace of Mind** comes from continually seeking knowledge and wisdom.
19. **Peace of Mind** comes from knowing that anything that does not work needs to be in review.
20. **Peace of Mind** comes from staying in grace, no matter the circumstances.
21. **Peace of Mind** comes from living our principles and integrity.
22. **Peace of Mind** comes from truth and only truth.

23. **Peace of Mind** comes from not dwelling in faint heartedness.
24. **Peace of Mind** comes from understanding the weakness of our corrupted society.
25. **Peace of Mind** comes from birthing our own reality, not dependent on outside forces.
26. **Peace of Mind** comes from eliminating narcissism within ourselves.
27. **Peace of Mind** comes from wanting the “we” program rather than the “I”.
28. **Peace of Mind** comes from analyzing forces that obstruct our spirit.
29. **Peace of Mind** comes from demolishing our arrogance and demonstrating our humility.
30. **Peace of Mind** comes from receiving graciously.
31. **Peace of Mind** comes from silencing our pessimism and shouting our optimism.
32. **Peace of Mind** comes from feeling and speaking our gratitude many times each day.
33. **Peace of Mind** comes from never diminishing ourselves.
34. **Peace of Mind** comes from facing our fears head on; and then turning our head off.
35. **Peace of Mind** comes from studying the difference between reality and illusion.
36. **Peace of Mind** comes from respecting differences.
37. **Peace of Mind** comes from welcoming and embracing our destiny.
38. **Peace of Mind** comes from standing by our convictions, not conforming to the world's patterns.
39. **Peace of Mind** comes from making a small difference, with large passion.
40. **Peace of Mind** comes from being unique, while being united.