

PEACE IN MOTION

1.TOOL

The Calm Cue Routine

2. CONCEPT RECAP

A simple daily sequence that creates grounding: posture, breath, truth, and one intentional peace-building action.

3. JOURNAL PROMPT

What part of my day most needs a peace cue?

4. SCRIPTURE

*“My peace I give you... Do not let
your hearts be troubled.”
— John 14:27*

5. AFFIRMATION

Peace is my rhythm. Peace
is my portion.

6. MICRO-ACTION

Complete your Calm Cue
Routine before you begin
your day.