



# **YES! TO LOVE SUCCESS HABITS**

**7 STEPS TO  
INNER PEACE, JOY  
AND HAPPINESS**

**Pascale Gibon**

---

# **Yes! To Love Success Habits**

*7 Steps To Inner Peace, Joy And Happiness*



## **ABOUT PASCALE GIBON**

Pascale Gibon is the #1 bestselling author of YES! TO™ Love: The Ultimate Guide To Personal Transformation For Everyday Life Balance.

Pascale remembers the days when, in her mid-30s, she felt lost, disconnected from the world, unhappy and desperate for change even though her life seemed great to anyone else. However, after a period of existential angst and inner turmoil she turned her life around dramatically. Pascale now lives her greatest life ever, with grace, joy, purpose, peace and meaning.

She is on a mission to guide thousands of women to happiness, peace and fulfilment with love and joy in the context of understanding and compassion.

**Choose love:**

**[The YES! TO Love Book- The Story](#)  
**[How to Lighten Up Your Workbook Of Life](#)  
**[5 Self-Care Rituals For Women](#)  
**[Create Your Haven Of Tranquility](#)  
**[4 Powerful Ways To Let Go of Suffering](#)  
and  
**[Find Some Time To Just Be...](#)************

© Copyright Pascale D. Gibon. All Rights Reserved.

May be shared with copyright and credit left intact.

YES! To Love Success Habits - 7 Steps To Inner Peace, Joy And Happiness

# Table of Contents

<b><u>INTRODUCTION.....</u></b>	<b>3</b>
<b><u>STEP #1 TO INNER PEACE: TAKE 100% RESPONSIBILITY FOR YOUR LIFE AND RESULTS.....</u></b>	<b>7</b>
<b><u>STEP #2 TO INNER PEACE: PERSONAL FREEDOM.....</u></b>	<b>10</b>
<b><u>STEP #3 TO INNER PEACE: SIMPLIFY YOUR LIFE .....</u></b>	<b>14</b>
<b><u>STEP #4 TO INNER PEACE: ADOPT A CAREFREE ATTITUDE .....</u></b>	<b>19</b>
<b><u>STEP #5 TO INNER PEACE: FIND AND CHOOSE PEACE ALWAYS .....</u></b>	<b>21</b>
<b><u>STEP #6 TO INNER PEACE: LIVE YOUR LIFE AUTHENTICALLY .....</u></b>	<b>24</b>
<b><u>STEP #7 TO INNER PEACE: SAY YES! TO LOVE.....</u></b>	<b>26</b>
<b><u>WHAT'S NEXT? .....</u></b>	<b>29</b>

## Introduction

Dear Friend,

Thank you for embarking on this transformative journey by downloading the guide: **YES! To Love Success Habits - 7 Steps To Inner Peace, Joy And Happiness.**

I want you to know that I deeply understand the life challenges, setbacks, and misfortunes you had to face. The weight of these experiences has caused you immense stress, suffering, and unhappiness, leaving you feeling empty and lost. It might seem as if life is happening to you, leaving you emotionally and mentally burnt out and struggling to find inner peace.

But now, enough is enough. It's time for a change. It's time to experience more peace and allow joy to guide your path. By downloading this guide, you have taken a courageous step forward, stepping outside your comfort zone and actively choosing to move your life in a new direction.

I want to personally congratulate you for recognising that you deserve:

- ♥ **More joy**
- ♥ **More happiness**
- ♥ **More love, peace and harmony.**

Perhaps you have been through a difficult divorce, a painful relationship break-up, or faced challenging circumstances in your work or health. These experiences have likely shaken your self-confidence and self-esteem. Rest assured that I have specifically designed **The 7 Steps To Inner Peace, Joy and Happiness** I will share, with you, to restore balance and harmony and empower you to feel more confident, peaceful and loved.

Imagine the transformation that awaits you as you embrace these seven steps and integrate them into your daily life.

Picture yourself finally experiencing inner peace, feeling free, happy, joyful and fulfilled. It is within your reach, and I wholeheartedly believe you can achieve it.

In this guide, we will explore the fundamental principles and practical tools that will guide you to inner peace. But before we dive in, let's lay the foundation by understanding what inner peace truly means.

© Copyright Pascale D. Gibon. All Rights Reserved.

May be shared with copyright and credit left intact.

YES! To Love Success Habits - 7 Steps To Inner Peace, Joy And Happiness

## 1. What is inner peace?

The Oxford Dictionary defines inner peace as a state of inner calm. However, I want to emphasize that inner peace goes beyond simply being calm. It is a conscious decision to take control of your well-being and invite serenity into your life. It is your call for freedom. Inner peace is within your reach and starts with your decision to cultivate it.

## 2. How should you use this guide?

As we embark on this journey together, there are a few key points to keep in mind to ensure you make the most of this mini-course:

a) **Change starts with you:** realize that true transformation begins within. By committing to doing the inner work, you will witness profound changes within yourself and in your external reality.

b) **The power of questions:** the quality of the questions you ask yourself determines the quality of your life. This powerful practice has been my personal and transformative life experience. Each step in the YES! To Love Success Habits For Inner Peace, Joy And Happiness guide presents a powerful question for reflection. Take the time to reflect on the question and its answer, as this practice holds the potential to make a positive impact on your life.

c) **Action is key:** knowledge alone is not enough. To experience inner peace you must be willing to take action. You will unlock significant shifts in your life by following the seven steps we will explore in detail.

d) **Practical tips** will be provided along the way, allowing you to immediately implement these habits and start your journey towards more peace, joy and happiness.

## 3. What is your step-by-step roadmap?

The following illustration shows you the 7-Step Process to Inner Peace, Joy and Happiness.



#### 4. How to move forward?

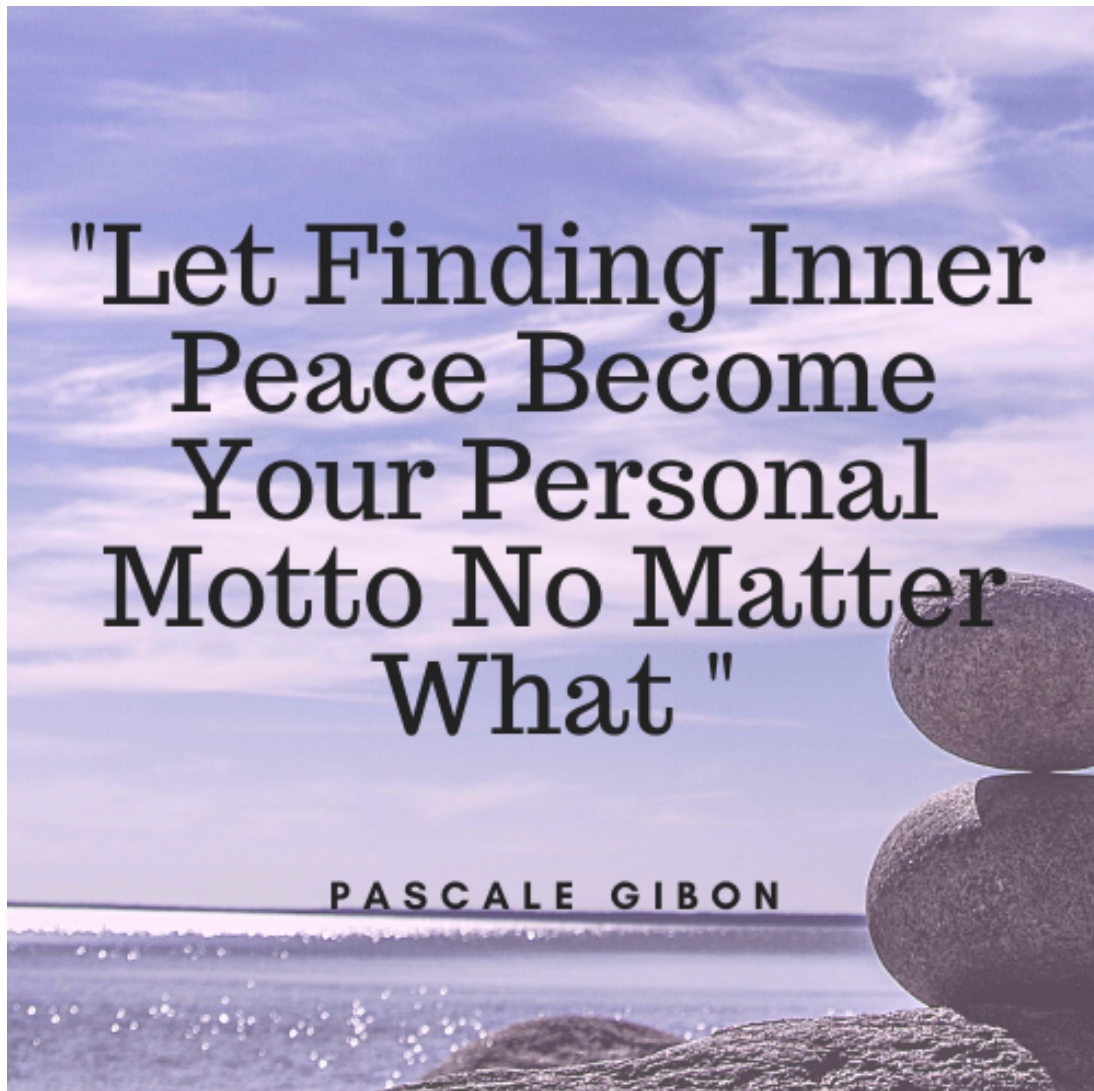
Recognize that we are creatures of habit, and the habits you have developed thus far may no longer serve you well. But do not feel overwhelmed by the prospect of change. Start by introducing one "YES! To Love Success Habit" to get inner peace, joy and happiness. Once you have integrated it into your life, you can gradually start the next habit and continue this step-by-step process. Remember that repetition is the mother of all learning, and it takes approximately **66 days** to establish new neural pathways.

Are you ready to embark on this transformative journey? Let's begin unravelling the seven steps that lead you to a life filled with inner peace, joy and happiness.

Let's get started!

Now it is your time to find inner peace to experience more joy and happiness in your life and thus regain your passion and zest for life!

You can do it! 😊



With love and gratitude

*Pascale Gibon*

© Copyright Pascale D. Gibon. All Rights Reserved.

May be shared with copyright and credit left intact.

YES! To Love Success Habits - 7 Steps To Inner Peace, Joy And Happiness

# Step #1 To Inner Peace: Take self-responsibility

Here is your question/answer for self-reflection:



**Q** How Can You Take 100% Responsibility For Your Life And Results?

**A** By committing to regaining control over your life...

**PEACE  
JOY &  
HAPPINESS**

## 1.1 Embracing the power of self-responsibility

The first step towards experiencing inner peace, joy, and happiness is to embrace the power of self-responsibility.

In this step, you will learn the profound impact of taking responsibility for your emotions, thoughts, and actions. By acknowledging your role in shaping your reality, you will unlock the potential to create a life filled with peace, joy, and happiness.

Here is what you need to understand about this crucial step:

- a. **Empowerment through responsibility:** recognize that you possess the power within to take control of your life. You are not a helpless victim of your circumstances. By assuming responsibility for your choices, you reclaim your power and participate actively in creating the life you desire.
- b. **Shifting perspectives:** understand that nothing in life is set in stone. You are capable of making positive changes and shaping your destiny. By adopting a mindset of personal responsibility, you open yourself up to new possibilities and opportunities for growth and transformation.
- c. **Harnessing the power of creation:** embrace the concept of the innate power of creation. You can exercise your free will and choose how you want to feel and what you desire to experience in life. This realization empowers you to make conscious decisions that align with your desire for peace, joy, and happiness.

**Consider this example:** Imagine you have been made redundant at work. You have two choices – blaming your employer and feeling resentful or taking 100% responsibility for the situation.

When you choose responsibility, you shift your perspective and see the event as an opportunity for personal growth and a potential door opening up to a better future.

By embracing responsibility, you regain control over your life and set yourself on a path of positive change.

Taking 100% responsibility is a transformative habit that propels you into action and restores your sense of control. It allows you to respond to life's events and circumstances with resilience and determination, rather than feeling helpless or defeated.

While you may have faced significant challenges in the past, the decision to take responsibility empowers you to overcome them and create a brighter future. **It is the starting point for consolidating your commitment to finding inner peace, joy, and happiness.** By adopting this positive mindset, you break free from a life of fear and misery, embracing the potential for growth and fulfilment.

You may be thinking, "But I have been through so much, how can you say that?" It is important to acknowledge the difficulties you have faced. However, by taking 100% responsibility, you shift the focus from dwelling on past hardships to actively creating a better future. This shift in mindset empowers you to rise above your challenges and experience the peace, joy, and happiness you deserve.

**As you progress through this guide, remember that self-responsibility is the foundation upon which your journey to inner peace, joy, and happiness is built.** Be at cause instead of the effect column of life. Embrace this empowering principle, and you will unlock the potential within you to create the life you desire.

## **1.2 Embracing empowerment**

It is crucial to be aware of how you respond to life's events and circumstances, as your response directly impacts the results you experience.

Consider the inspiring example of Nelson Mandela, who spent 27 years in prison. Despite his unjust imprisonment, Mandela chose not to harbour bitterness but instead moved forward with peace and love in mind. His act of forgiveness demonstrated immense strength of character and wisdom.

**Now, let us reflect on your own responses to life's challenges:**

- How have you typically responded to events and circumstances?
- Have you embraced a proactive attitude, or have blame, shame, or guilt dominated your response?

Recognize that positive change becomes inevitable when you adopt the right attitude for success.

Taking 100% responsibility for your life is indeed possible, and there are four key aspects within your control:

1. **Thoughts:** acknowledge that you have the power to control your thoughts. By consciously directing your thinking, you can shape your perspective and create a mindset that fosters peace, joy, and happiness.
2. **Beliefs:** cultivate the belief that finding inner peace is attainable and within your reach. Embrace the understanding that you possess the creative power to transform your circumstances and create a harmonious life.
3. **Feelings:** empower yourself by taking complete responsibility for your emotions. Acknowledge that your feelings are not determined by external factors alone but by your interpretation and response to those factors. You reclaim control over your emotional well-being by consciously choosing to respond in ways that align with your desire for peace.
4. **Actions:** embrace a solution-focused approach to life. By taking swift and purposeful action, in response to events, you assert your ability to navigate challenges effectively. Proactively seeking solutions and embracing a mindset of growth and resilience will lead you closer to the peace, joy, and happiness you seek.

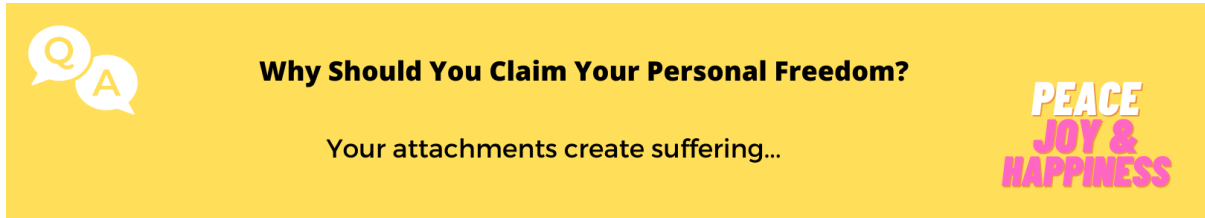
**Let peace become your guiding principle in every aspect of your life.**

As you progress through this journey, remember that finding inner peace requires the ongoing awareness of the four key elements previously mentioned. Embrace this wisdom and apply it consistently to your thoughts, beliefs, feelings, and actions.

By taking 100% responsibility for your life and results, you empower yourself to shape a life of peace, joy, and happiness. As you embark on this transformative path, remember Mandela's example and the strength he exhibited through forgiveness. Allow this wisdom to guide you as you face life's obstacles with resilience, compassion, and a commitment to inner peace.

## Step #2 to inner peace: Claim your personal freedom

**It is time to claim your personal freedom!**



### 2.1 Claiming Your Personal Freedom

#### Understanding the importance of personal freedom

It is essential to recognise the significance of claiming your personal freedom on your journey towards inner peace, joy and happiness. The attachments we hold onto become the source of our suffering. Your purpose, therefore, lies in detaching yourself from these sources of suffering to find true peace within.

#### Letting go of attachments

Take, for instance, the experience of going through a divorce. In such situations, numerous attachments emerge, including attachment to the life you once had, the sense of family togetherness, the disappointment of what did not work, resentment, anguish, anger and more. However, to get inner peace it becomes crucial to release these attachments.

#### Moving forward and repurposing your life

Remaining stuck in the past makes it challenging to move forward and redefine your life. It requires introducing a new perspective to claim your personal freedom. Additionally, you might find yourself attached to old patterns of thinking, behaving and acting. Recognise that letting go of these attachments takes time, as it entails adopting a different outlook on things and your personal circumstances.

#### Embracing the present moment

Have you ever noticed that there is no suffering in the present moment? It is only when you dwell on the past that you experience emotional

exhaustion. The more you release the hold of the past and embrace the present moment, the more freedom you attain.

### **An exercise in awareness**

Here is an exercise to deepen your understanding: Catch yourself when you find your mind drifting to an unpleasant past experience. Then, consciously bring your attention back to the present moment.

Observe, how, in the present, there is no suffering. It is the act of recalling unpleasant memories that stir up emotional turmoil, sadness, guilt, and anger.

By actively practising detachment from the past and anchoring yourself in the present, you begin to reclaim your personal freedom. This process takes time and commitment, as it involves reshaping your perspective and embracing new ways of thinking and being.

Remember, the path to inner peace, joy, and happiness starts with freeing yourself from the attachments that no longer serve you. Allow yourself to let go, step into the present moment, and experience the liberation that comes with claiming your personal freedom.

## **2.2 Embracing personal freedom**

### **The liberating power of letting go**

To truly claim your personal freedom and unlock the path to inner peace, joy and happiness, you must understand the transformative act of letting go.

### **The burden of the past**

Remaining entangled in the past prevents you from creating a new and fulfilling life. Consider the experience of Joanne, who experienced a divorce 30 years ago but is still consumed by the memories of that event. Her attachment to the past, particularly the painful memories, keeps her from finding inner peace. This attachment manifests as bitterness, regret, lack of forgiveness, victimhood and inner turmoil, ultimately leading to numerous health challenges.

### **Emotional intelligence**

Emotional Intelligence is the key to untangling yourself from the grip of the past. It involves controlling, perceiving and evaluating emotions. By peeling off the layers that cover your heart, you liberate yourself to experience joy, peace and happiness in the present moment. These layers act as a protective shield, stopping you from gaining clarity and finding inner peace through self-reflection.

### **The power of the present moment**

Remember, you are the creator of your reality in the present moment. It is within this moment that you have the power to shape your life for the greatest good. Letting go of attachments to the past enables you to embrace the opportunities and possibilities that exist in the present moment. By consciously releasing the burden of the past, you free yourself to create a new and positive path towards inner peace and happiness.

### **The act of letting go**

Letting go is not about denying or erasing past experiences; rather, it is about releasing the emotional grip they hold over you. It involves acknowledging the past but choosing not to let it define your present and future. By making peace with your past, forgiving yourself and others, and releasing negative emotions, you create space for new beginnings and personal growth.

Claim your personal freedom by practising the art of letting go. Embrace emotional intelligence to peel away the layers that shroud your heart. By living in the present moment, you harness the power to shape your reality for the greatest good. Letting go is a transformative act that liberates you from the burdens of the past, allowing you to find inner peace, joy, and happiness in the present and beyond.

## **2.3 Developing success habits**

**Claim your personal freedom by embracing your power to let go and thrive.**

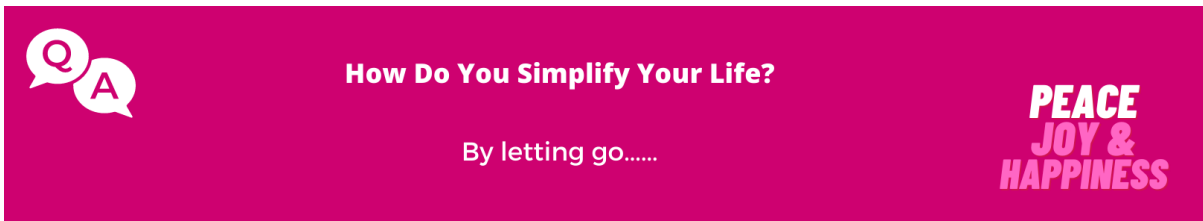
**Following are four motivational success habits to claim your personal freedom:**

- a) **Self-reflection:** start by examining your thoughts, emotions, and beliefs. Identify any negative patterns or attachments that no longer serve you. Awareness is the first step toward liberation.
- b) **Make a conscious decision:** whenever you catch yourself reliving or regurgitating an event from the past which has caused you suffering, acknowledge it by saying that you choose to let it go and just say: "past" and move on to what you are currently doing. Do not let that emotion disrupt the present moment. The more you will make the habit of saying "past" the more you will be enjoying the present moment. :)
- c) **Release past hurt:** forgive yourself and others for past mistakes or wrongdoings. Holding onto grudges and resentments only perpetuates suffering. Choose to let go and make room for healing.
- d) **Write it down:** write down on a piece of paper how you feel, then visualize that what you wrote is floating on the river and disappearing in the horizon for clearing.

[Click here](#) to be notified of our next "Say YES! To Love Workshop to find peace in your heart and live a life of love.

## Step #3 to inner peace: Simplify your life

Isaac Newton said: "Truth is ever to be found in simplicity and not in the multiplicity and confusion of things."



### 3.1 Simplicity

The resistance to change often stems from fear of the unknown and uncertainty. However, true liberation and inner peace lie in simplifying your life, seeking clarity and letting go of anything that hinders your journey to joy and happiness.

#### Letting go of unnecessary burdens

Simplification involves shedding the weight of material possessions that no longer bring you joy or hold value in your life. Decluttering your environment clears space in your consciousness, allowing room for positivity and tranquillity to thrive.

#### Detaching from energy vampires

Be mindful of 'energy vampires,' those individuals who drain your energy with their constant negativity and toxic behaviour. Setting boundaries and distancing yourself from such influences preserves your emotional well-being and paves the way for inner peace.

#### Transforming your thought process

Simplifying your life also entails examining your thought process. Often, we unintentionally magnify problems, making them seem more significant than they truly are. Shifting your perspective to focus on optimism becomes a powerful mantra, guiding you toward a new way of life.

#### Choosing inner peace as your priority

© Copyright Pascale D. Gibon. All Rights Reserved.

May be shared with copyright and credit left intact.

YES! To Love Success Habits - 7 Steps To Inner Peace, Joy And Happiness

By choosing to prioritise inner peace, you embrace optimism as your guiding force. Surrounding yourself with negativity will inevitably drain your energy, hindering your progress and preventing you from moving forward.

### **Finding freedom in simplification**

Simplification is not about denying life's complexities but rather about freeing yourself from unnecessary burdens. As you let go of what no longer serves your well-being, you create space for the things that truly matter. Simplification grants you the freedom to enjoy the present, unburdened by the weight of the past and shackled by the uncertainties of the future.

### **Embrace the journey**

Simplifying your life is a continuous journey, and it begins with small steps. Start by identifying what brings you genuine joy and fulfilment. Let go of the things, people and thought patterns that hinder your progress. Embrace the power of optimism and surround yourself with positive influences that nourish your soul.

Remember, you have the power to design a life filled with inner peace, joy and happiness. Simplify your life, and you will discover a newfound sense of balance, liberation and fulfilment that allows you to move forward with clarity and purpose.

## **3.2 Simplicity in action**

Taking action to simplify your life is a powerful step towards finding inner peace, joy and happiness. Here are three actionable ways to simplify your life:

### **Action Step #1: Release your messes**

Identify any physical or emotional messes in your life that are causing disarray and disrupting your peace. It could be a cluttered space in your home or workplace that needs decluttering or a broken relationship that requires healing.

**a) Write a letter of peace:** take time to write a heartfelt letter to the person you wish to make peace with. Pour emotions onto paper, expressing how their actions made you feel and your desire for reconciliation. Whether you choose to send the letter or not, the act of writing will help release emotional burdens and allow forgiveness to flourish. The intention when you write your letter is to find peace. Therefore you must be willing to open your heart to love and forgiveness. This is not about blaming yourself or the other person's actions. Remember that people do the best they can with the resources they have available and what they know at the time.

Please complete your letter from a place of understanding and compassion. You cannot change what happened but you can change your **belief** about it. Whatever happened served a purpose.

**b) Declutter with purpose:** set aside a specific time in your schedule to declutter and create order in your surroundings. Use three separate bin bags labelled "Keep," "Give" and "Throw Away" to start decluttering and simplify your possessions. By organising and decluttering you create a physical environment that fosters inner peace.

Remember that what is scheduled gets done!

### **Action Step #2: Release your incompletes**

Unfinished projects and tasks can weigh heavily on your mind, preventing you from fully experiencing joy and contentment. Identify any incomplete in your life, such as abandoned hobbies, unfinished creative endeavours or postponed personal goals.

Decide on a completion date for each incomplete and schedule it in your diary. By committing to finishing what you started, you free up mental space for new experiences and opportunities.

### **Action Step #3: Let go of the 'Ain't it awful club'**

Be mindful of negative habits, such as complaining, judging, or blaming, as they disrupt your inner peace. The 'Ain't It Awful Club' represents a group of people who constantly complain about various aspects of life, furthering feelings of discontent and unrest.

Become aware of your own tendencies to complain, judge and blame and shift your perspective towards a brighter outlook or a solution-focused mindset. or solution instead.

Dr Wayne Dyer said: **“When you change the way you look at things, the things you look at change.”**



**Start changing the way you look at things today!**

Embrace a more positive outlook to cultivate peace and joy within.

Remember, simplicity is a conscious choice that empowers you to live a more harmonious and fulfilling life. By taking these practical steps, you clear the path for inner peace, joy and happiness to flourish in your daily existence. Embrace simplicity in action, and you will uncover the transformative power of a clutter-free and positive mindset.

### **3.3 Developing success habits**

**Simplifying your life starts with cultivating positive habits that help you navigate challenges and embrace a more peaceful and fulfilling existence.**

© Copyright Pascale D. Gibon. All Rights Reserved.

May be shared with copyright and credit left intact.

YES! To Love Success Habits - 7 Steps To Inner Peace, Joy And Happiness

**Following are three motivational success habits to simplify your life:**

**a) Cultivate the power of love and positivity:** when faced with pessimism or negative thoughts, practise sending love or shifting your focus to a positive outcome. Love is a transformative force that uplifts our emotions and allows us to see beyond difficulties. By choosing love and positivity, you invite more joy and serenity into your life.

**b) Seek the light in every situation:** amidst life's trials, consciously choose to see the light in any circumstance. Refrain from getting caught in the low vibrations of negativity, and instead, elevate your perspective to a higher vibration of being. This mindset shift enables you to find silver linings, lessons, and opportunities for growth even in challenging moments. By seeking the light, you invite greater peace and harmony into your daily experiences.

**c) Transform complaints, judgments and blame:** when you catch yourself complaining, judging or blaming others or yourself, pause and redirect your thoughts towards positivity. Use these moments as opportunities to reframe your perspective and focus on solutions, gratitude, or understanding. By transforming negativity into positive actions or thoughts, you free yourself from the burdens of discontent and open the door to greater inner peace.

**Remember that life is a gift!**

Embrace these success habits as a way of simplifying your life. Remember that positive habits are developed through consistent practice and self-awareness. As you integrate these habits into your daily routine, you will find that your life becomes more harmonious, joyful and centred. Choose love and positivity, seek the light in every situation, and transform negativity into empowerment. With these transformative success habits, you pave the way for a more simplified, meaningful and blissful journey.

## Step #4 to inner peace: Adopt a carefree attitude



### What Is A Carefree Attitude?

One where you accept 'What Is...!'

**PEACE  
JOY &  
HAPPINESS**

**Life is a precious gift meant for our self-realization and spiritual awakening.**

### 4.1 Being carefree

Remember that you are not alone, we are all given a workbook of life filled with problems to solve and lessons crafted just for us.

When challenges arise, see them not as obstacles, but as opportunities to learn and grow into the person you were meant to be.

When you view life as a gift, trust that the Universe has your highest good in mind. Everything happening is in divine order, even if you cannot see the reason now.

As a result, you do not view an obstacle as an unsurmountable challenge but as a lesson to be learnt for the purpose of your own growth. Know that "this too shall pass" and that any difficult season is temporary.

Reflect on times when things happened and they upset or worried you. Months or years later, you realized the purpose behind it all. You saw how those trials led to profound personal growth and understanding. *In hindsight, you acknowledge the lesson with an attitude of gratitude.*

With a carefree attitude, you avoid overthinking and dwelling on problems. This prevents, unnecessary stress. See each experience as a loving nudge from the Universe to learn, heal, and elevate your consciousness.

You are on the journey of your life for a reason - to discover your gifts, share your light and fulfil your sacred purpose. Release any expectations, and flow with each moment. Everyday challenge is an opportunity to surrender and trust. By embracing this carefree attitude, you open yourself to profound inner peace, joy and happiness.

© Copyright Pascale D. Gibon. All Rights Reserved.

May be shared with copyright and credit left intact.

YES! To Love Success Habits - 7 Steps To Inner Peace, Joy And Happiness

## 4.2 Developing success habits

**Here are four motivational success habits to adopt a carefree attitude:**

**a) Be grateful:** begin each day with gratitude. Make it a ritual to give thanks for all the blessings in your life - your health, loved ones, comforts and opportunities. Starting the day grounded in gratitude sets the tone for a positive and carefree mindset. It reminds you how much you already have before new challenges arise.

**b) Have faith:** when difficulties inevitably come, meet them with faith. Remember that the Universe has a plan for your highest good. Trust that every obstacle has within it a gift and a lesson to elevate your spirit. Have that there are growth, purpose and meaning in all of life's twists and turns.

**c) Seek clarity:** allow yourself to see the situation clearly. Look for the lesson in every challenging circumstance. The lesson to be learnt is always an opportunity for growth.

When you do so you feel liberated and find peace and freedom.

**d) Ask this powerful question:** below is a powerful question you can ask yourself to see rightly:

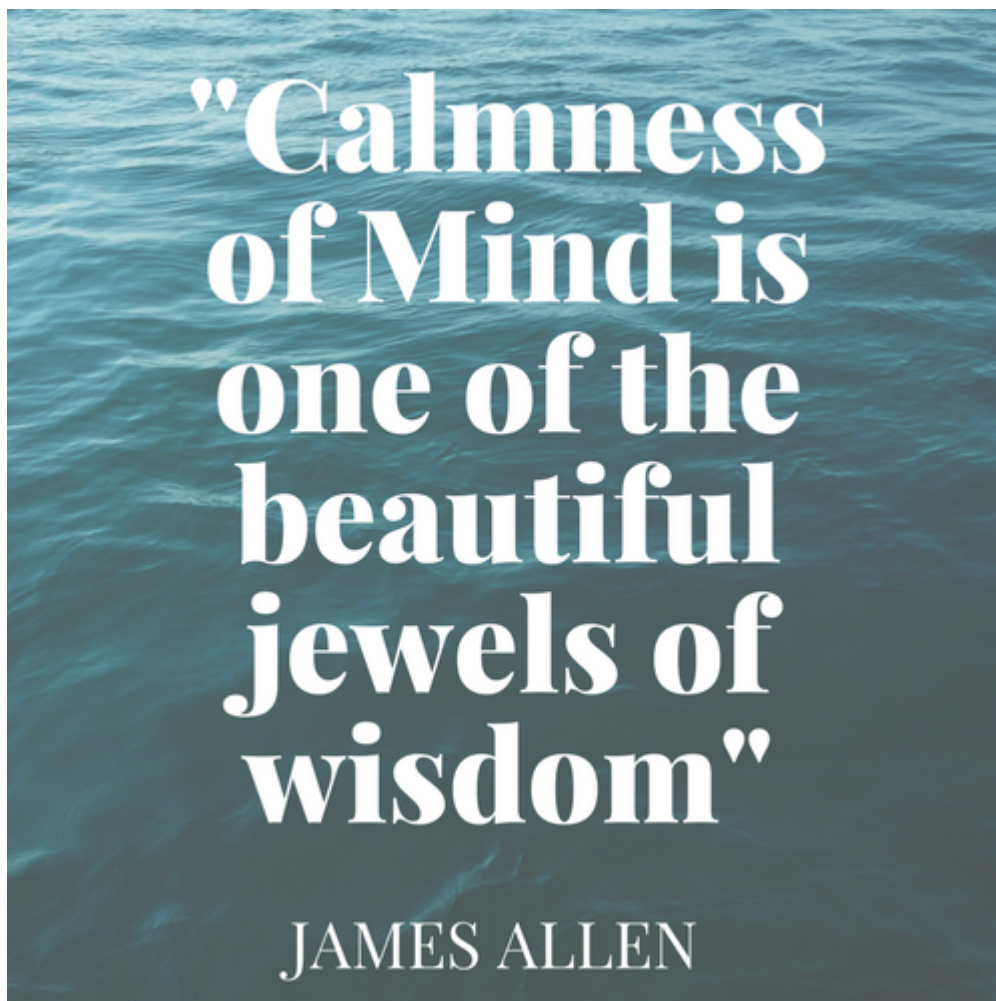
- **What is the highest truth, lesson or learning in this particular situation?**

Cultivating consistent gratitude keeps you present to the abundance all around. Practising faith in every circumstance releases attachment and fear. Seeking clarity brings you peace of mind. You understand you are exactly where you need to be. With these carefree habits of grateful living, faithful trusting and seeking clarity you open yourself to inner peace, joy and equanimity each day.

## Step #5 to inner peace: Find and choose peace always

### 5.1 Choosing peace

James Allen said: "Calmness of mind is one of the beautiful jewels of wisdom"



#### How Do You Find Calmness Of Mind?

By keeping peace in mind...

**PEACE  
JOY &  
HAPPINESS**

To embody inner peace, joy and happiness you must first find serenity within your heart. This requires greater self-awareness.

Take time to observe:

- Do you often react with frustration, anger or impatience when faced with challenges?
- Do troubles easily disturb your peace of mind?

Know that a restless spirit stems from prolonged negative emotions that separate you from your higher self. Yet, the peace you seek lives within you always. It is found in the faith that every problem has a spiritual solution if you approach it with a calm mind and open heart.

When disharmony surrounds you, take a step back. Trust that where there is a disturbance, peace will surely enter. Breathe deeply and reconnect to that stillness inside, affirming that this too shall pass.

*In my book YES! TO™ Love – The Ultimate Guide To Personal Transformation For Everyday Life Balance, I share how I found peace at a time when Iceland was experiencing small volcanic eruptions. I was on a yoga retreat in Seville, Spain when the small volcanic eruptions caused enormous disruption to air travel in Europe for about 6 days back in 2010. The question in the mind of most people who were out of their country at the time was: "How am I going to get home?"*

*As others panicked, I chose to embrace the moment in Spain with an open heart. Rather than see limitations, I saw an opportunity for adventure and joy. By finding calm within, the Universe supported me beautifully. I enjoyed the local festivities and made it home just a few days later than planned.*

When you face challenges, pause first to find serenity within. Trust in the spiritual solution that wishes to emerge when you approach it with equanimity.

Know that inner peace is always within you, waiting to be revealed.

Meet each moment with faith, patience and calm surrender. You align with the harmony that is your natural state. Then joy, tranquillity and bliss will fill your days.

## 5.2 Developing success habits

**Following are two motivational success habits to choose and get peace always:**

- a) Instead of reacting choose to **respond** to challenging events in your life. In other words, instead of getting angry take a step back and use your ability to respond to the situation from a place of wisdom and calmness. This is when you always find peace.
- b) **Learn how to meditate.** There are many proven benefits of meditation. I highly recommend you meditate by self-reflecting on what disturbs your peace; it could be anger, resentment, frustration etc. Meditation will help you return to a state of peace.
- c) **Pray** for the highest resolution.



## Step #6 to inner peace: Live your life authentically



### How Do You Live Your Life Authentically?

By aiming for the happiness and success of your soul...

**PEACE  
JOY &  
HAPPINESS**

### 6.1 Authenticity

To live a life of meaning, purpose and inner peace, you must have the courage to live authentically as your highest self. This requires radical honesty with your true feelings, needs and desires.

When challenges arise, like conflict with others, pause first. The ego may insist you are right, edging God out. Yet peace comes when you stay grounded in love, seeing all perspectives.

Following are 11 ways to live authentically for spiritual growth.

#### **To live authentically is to:**

1. Be honest with yourself and be true to your heart.
2. Pursue intentions rooted in integrity and a pure mind.
3. Craft a life that fulfils your unique soul purpose.
4. Honour your deepest wisdom.
5. Open your heart and approach others with compassion, not judgment.
6. Dwell in love, not fear-based choices.
7. Forgive unconditionally, giving forward grace.
8. Trust your inner guidance, the voice of the soul.
9. Surrender daily to the care of a Higher Power.

© Copyright Pascale D. Gibon. All Rights Reserved.

May be shared with copyright and credit left intact.

YES! To Love Success Habits - 7 Steps To Inner Peace, Joy And Happiness

10. Shine as the one-of-a-kind being only you can be.

11. End each day without regret, for you have courageously walked your talk.

When you live authentically despite fear and resistance, you align your outer life with your inner truth. You become a lamp, illuminating the path for others. You discover abiding inner peace, joy and purpose. For you have given your greatest gift - the fully expressed, authentic YOU.

## **6.2 Developing success habits**

**What is the useful and practical success habit to live your life authentically:**

a) Choose from the list of "**11 Ways You Can Live Authentically For Spiritual Growth,**" in lesson 1, one way you can be truly authentic and honest with yourself.

## Step #7 to inner peace: Say YES! To Love



### Why Love?

Love is the answer to inner peace...

**PEACE  
JOY &  
HAPPINESS**

### 7.1 Choosing Love

The profound insights of Quantum Physics remind us that all life is vibrational energy. When you consciously choose love, you align with one of the highest, most powerful vibrational frequencies in the universe, setting the stage for inner peace, joy, and happiness to manifest abundantly in your life. By saying Yes! to love, everything in your life begins to fall into beautiful alignment.

#### Love as the key to harmony

When you wholeheartedly choose love, it becomes the guiding force that orchestrates every aspect of your existence, leading to a sense of purpose and fulfilment.

#### Transcending fear through love

Yet, to fully embrace love as an idea and its transformative power requires you to courageously face and release any lingering fears that may cause you to close your heart. Fear breeds spiritual darkness, causing turmoil and unrest in your soul. In contrast, love lights your path towards peace.

#### A world in need of love

Consider the fear-based choices that lead to suffering in our world. You, however, seek another way, the way of light. By committing to love you break free from the chains of fear and negativity and plant seeds of peace that can uplift humanity. This is very powerful!

#### Deepening your faith

Saying YES! to love is an act of faith and courage. You acknowledge any fear, resentment or anger within. You do the deep inner work to heal

© Copyright Pascale D. Gibon. All Rights Reserved.

May be shared with copyright and credit left intact.

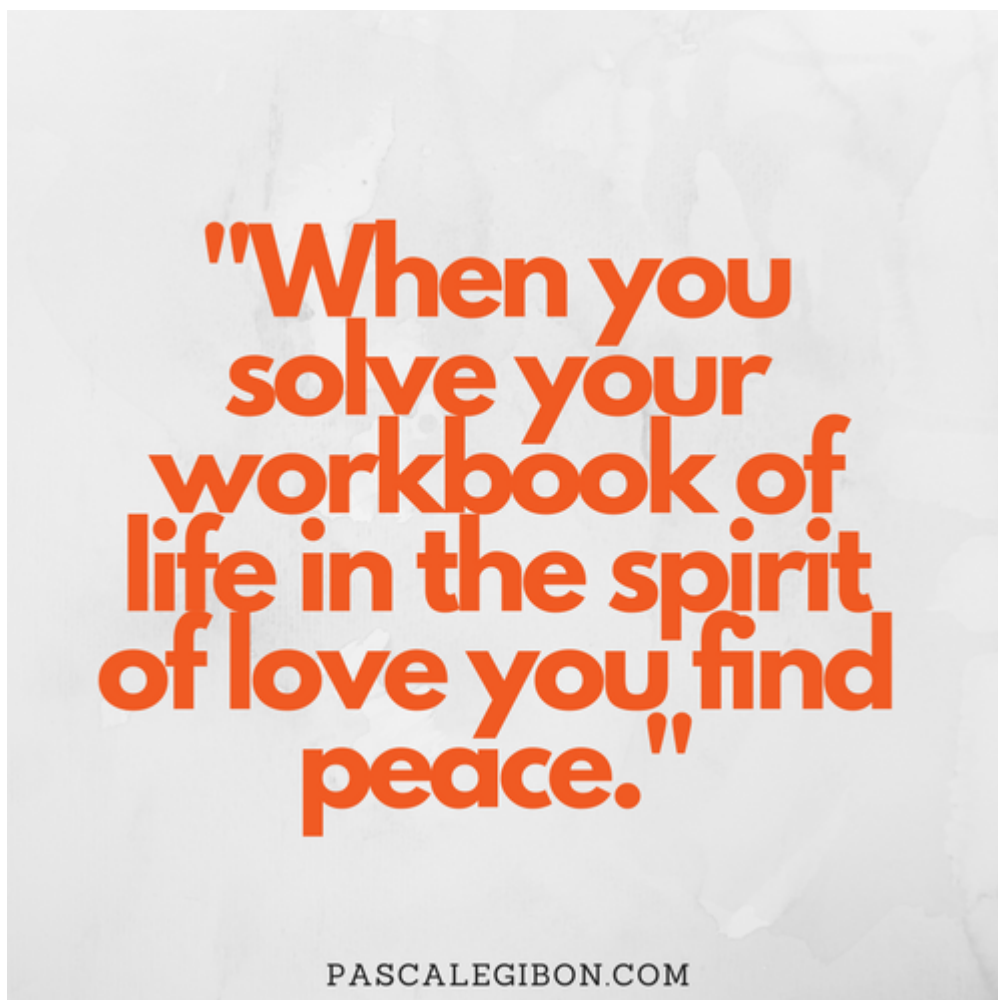
YES! To Love Success Habits - 7 Steps To Inner Peace, Joy And Happiness

them with compassion. You actively choose faith over fear, understanding over judgment, forgiveness over grudges.

### **Love in action**

When you say YES! to love every day through your thoughts, words and actions, you raise your vibration and align with higher realms. You become a conduit of loving energy. You experience deep joy, fulfilment and inner tranquillity.

By saying YES! to love, you light up the world.



© Copyright Pascale D. Gibon. All Rights Reserved.

May be shared with copyright and credit left intact.

YES! To Love Success Habits - 7 Steps To Inner Peace, Joy And Happiness

## 7.2 Developing success habits

**Following are two motivational success habits to say YES! to Love.**

a) When challenges arise that disturb your peace, pause and ask yourself: **"What would love do now?"** Let this question guide you back to your heart's wisdom. Choose the thought, word or action that shines more light into the world.

b) Wake up happy and fill your heart with joy! Make it a habit to wake up each morning each morning with gratitude, seeing the day as a gift overflowing with possibility.

Give thanks for your loved ones, your health and the small joys that surround you.

Meet each moment with joy, for this day is unique and precious.

c) Shift your focus from what you have given to others, to all you have been given. Reflect on the blessings in your life: a friend's laughter, the warmth of the sun, music that touches your soul etc.

**"Love is always present."**

## Summary

Below is a summary of the lessons you have learnt to help you integrate what you have learnt into your life.

[Click here to take the quiz!](#)

It summarises what you have learnt to progress and experience more peace, joy and happiness in your life.

**Note: Remember that the quality of your questions will determine the quality of your life. This works!**

**Step #1 to inner peace: Take Self-Responsibility**

**Step #2 to inner peace: Claim your personal freedom**

**Step #3 to inner peace: Simplify your life**

**Step #4 to inner peace: Take Self-Responsibility**

**Step #5 to inner peace: Find and choose peace always**

**Step #6 to inner peace: Live your life authentically**

**Step #7 to inner peace: Say YES! to Love**

## What's next?

Congratulations on completing The 7 Steps To Inner Peace, Joy And Happiness.

Now that you have learnt my preferred 7 steps to inner peace, joy and happiness you might struggle and be faced with the following roadblocks: fear of letting go, lack of clarity and lack of support.

If you love this content and are anxious to learn further how to build confidence and deepen your journey to inner peace so that you improve your well-being and experience more joy and happiness in your life, you are going to want to get access to the following **Done With You** mini-course:

**YES! TO Love Audio Series: Self-Reflection for Inner Peace – The Key To Personal Freedom.**



© Copyright Pascale D. Gibon. All Rights Reserved.

May be shared with copyright and credit left intact.

YES! To Love Success Habits - 7 Steps To Inner Peace, Joy And Happiness

Self-reflection for Inner Peace is the practical application to solve your workbook of life.

The Art of Self-Reflection is one of the most effective ways of getting inner peace. Once you get access to the above Audio Series:

You will be able to solve your workbook of life faster, meditate and self-reflect to get inner peace and ultimately enjoy greater freedom and fulfilment!

... and so much more

[Click here](#) to get full access to Self-Reflection For Inner Peace Audio Series.

[Click here](#) to invite your friends to subscribe to this guide: **YES! To Love Success Habits – 7 Steps to Inner Peace, Joy and Happiness, so that they can get a copy too.**

[Click here](#) to invite your friends to follow the **YES! To Love Success Habits – 7 Steps to Inner Peace, Joy and Happiness** online mini-course and monitor their progress.

-----  
**Follow us!**

<https://www.pascalegibon.com>

<https://facebook.com/pascalegibonfanpage>

<https://www.twitter.com/pascalegibon>

<https://www.youtube.com/pascalegibon>

<https://www.instagram.com/pascalegibon>