



30 Days and Ways to Practice Peace Celebrate Peace Every Day

Day 1

Courage

It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it. — Eleanor Roosevelt

Today, honor yourself, and commit to practicing peace for the next 32 days in a conscious way. Put into action your desire for peace and see your dreams of peace come alive.

Day 2

Advocacy

"When someone stands up to nonviolence, a force for change is released. Every action for peace requires someone to exhibit the courage to challenge violence and inspire love." - Thich Nhat Hanh

Today be an ally. Without blaming or judging others, speak out for those who are disrespected.

Day 3

Ecology

"Is it too late to prevent us from self-destructing? No, for we have the capacity to design our own future, to take a lesson from living things around us and bring our values and actions in line with ecological necessity. But we must first realize that ecological and social and economic issues are all deeply intertwined. There can be no solution to one without a solution to the others."

~ Jean-Michel Cousteau

Value the earth by conserving natural resources. Investigate a product or brand you regularly buy. If it turns out that there is a similar product that is generated in a more ecologically sustainable manner, try switching.

Day 4

Compassion

A human being is part of the whole, called by us "Universe," a part limited in time and space. He experiences himself, his thoughts and feelings as something separate from the rest - a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. ~ Albert Einstein

Today, choose not to judge yourself, your looks, your capabilities, your expressions. See all the ways you are unique, loving, capable, and bright!

Day 5

Friendliness

"Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures."
~ John F. Kennedy

To humorist Will Rogers, strangers were simply friends he hadn't met. View those you encounter today in that light and make a new acquaintance.

Day 6

Cooperation

"I love to hear a choir. I love the humanity to see the faces of real people devoting themselves to a piece of music. I like the teamwork. It makes me feel optimistic about the human race when I see them cooperating like that." - Paul McCartney

When we work together, we are stronger than when we work alone. Today, find one significant way you can cooperate more effectively with the people in your family or workplace, school, or community. Please.

Day 7

Education

"Where ignorance is our master, there is no possibility of real peace."
- Dalai Lama

Open your mind to tolerance and greater understanding of the diversity that surrounds us.

Day 8

Contemplation

"Happiness is a butterfly, which when pursued, is just out of grasp. But if you sit down quietly, may alight upon you.

- Nathaniel Hawthorne

Take a moment to appreciate what you have and the beauty that is around you.

Day 9

A Gift

"Peace is a gift; it is a gift we give to ourselves, and then to each other."

- Richard Goode

Today think of something that you can do and how you can do it, be it a gift of understanding, tolerance, or mutual respect.

Day 10

Music

"Music has a great power for bringing people together. With so many forces in this world acting to drive wedges between people, it's important to preserve those things that help us experience our common humanity." - Ted Turner

During the day, when you feel upset or angry, turn to music to bring peace.

Day 11

Reverence

"Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and cheer and give strength to body and soul." - John Muir

Lose yourself in nature and find peace. Today, take some time to go to a neighborhood park, or arboretum, and spend some quiet time with nature.

Day 12

Mission

"My life is my message," -Gandhi.

Write down what you want to stand for in your life. Note at least one way you can show through action that you stand for your beliefs. Take this action today.

Day 13

Respect

"The foolish and wicked practice of profane cursing and swearing is a vice so mean and low that every person of sense and character detests and despises it."

-George Washington

Today, respect yourself and others by choosing not to use any profanity or "put downs."

Day 14

Patience

Non-violence is not inaction... It is hard work... It is the patience to win." - Cesar Chavez

When your plans seem delayed, choose to be patient by identifying at least three ways that you can constructively use this time to support your goal.

Day 15

Openness

"He who builds himself a fence, fences out more than he fences in." - Turkish proverb

Today, be open to understanding ideas and people that you have previously opposed.

Day 16

Courage

"You must do the things that you think you cannot do." - Eleanor Roosevelt

Practicing these 32 ways will challenge you to do things that you think you cannot do. Strengthen your resolve to complete the 32 days.

Day 17

Challenge yourself

"Do not follow where the path may lead. Go instead where there is no path and leave a trail." - Ralph Waldo Emerson

Today, try to do something that would challenge existing barriers and perceptions. Blaze a trail of creativity, innovation, and excitement, especially something that will be important for other people.

Day 18

Believing

"Within you is the divine capacity to manifest and attract all that you need or desire." Our intention creates our reality." – Wayne Dyer

Today, believe that you have all the resources to move your life in the direction of peace. Believe in your ability to infuse peace into your most chaotic moment today.

Day 19

Simplicity

"Simplicity is the ultimate sophistication."- Leonardo da Vinci

To simplify is to invite peacefulness. Think of three ways you can simplify your life and put at least one of them into practice today.

Day 20

Creativity

"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love." - Sophia Loren

Today, take a break from your routine. Allow something unpredictable and joyous to express through you.

Day 21

Integrity

"Do the right thing." - Spike Lee

When faced with a choice today, listen to your conscience. You know what's right. Do it.

Day 22

Humility

"Never take a leaf or move a pebble without asking permission. Always ask permission. That maintains the balance and teaches humility. That leaf you want to pluck could be far more important than the little purpose you have in mind. You don't know -- so ask permission first. - Don José Matsuwa

Today, acknowledge your limitations, and seek input from other people on a problem or project.

Day 23

Gratitude

"The more you praise and celebrate your life, the more there is in life to celebrate." – Oprah Winfrey

On her show, Oprah Winfrey frequently promotes the daily practice of gratitude. Begin each day by listing five things for which you are grateful and end it by sharing with one person all of the good in your life today.

Day 24

Mindfulness

"Do you have patience to wait till the mud settles and the water is clear? Can you remain unmoving till the right action arises by itself?" - Lao Tzu

Be aware of the motivation behind your action, the intention behind your words, and the needs and experiences of other people. If someone appears to be attacking you, hear them out first. Make sure you understand their concerns before you respond.

Day 25

Honor

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as if everything is." - Albert Einstein

Before each meal today, stop and honor all the hands that brought it to you and to bless the earth for its bounty.

Day 26

Equality

"Peace requires everyone to be in the circle – wholeness, inclusion." - Isabel Allende

Notice which groups of people are under represented in your activities and lifestyle. Find one way to connect with a person from these groups today.

Day 27

Action

"Each of us can work to change a small portion of events and in the total of all those acts will be written the history of this generation," said Robert Kennedy:

Today, act on something that you have had in your mind for a while, something that you have felt will contribute to the well being of your daily environment.

Day 28

Service

"Everybody can be great..., because anybody can serve. You only need a heart full of grace and a soul generated by love." - Dr. Martin Luther King, Jr.

Sign up to volunteer a minimum of two hours this month with an organization of your choice.

Day 29

Commitment

"Practice watering seeds of joy and peace and not just seeds of anger and violence, and the elements of war in all of us will be transformed."
- Thich Nhat Hanh

Spend five minutes reflecting on your commitment to peace and non-violence. Write down what it means to you and what you are willing to do as a consequence of your commitment. Make your commitment public by sharing it with at least two people.

Day 30

Celebration

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." - Margaret Mead

Celebrate the journey that you have made with countless others who believe that every individual can move the world in the direction of peace with their nonviolent choice and action.

Celebrate Peace Every Day!