

Pathway to Peace™ Journal

To help you get started with the practice of daily journaling on your pathway from worry and stress to peace and acceptance, I have added this section here at the back of the book so you can easily start journaling right away.

Would you be willing to try this for one month? It would be my pleasure to interact with you about your experience after trying it for 30 days. To do so, start on the next page with your first day of journaling. Carve out a fifteen-to-thirty-minute segment of your day to prioritize this new time of solitude and reflection.

I prefer first thing in the morning, even if I have to set my alarm a little earlier (which I don't because I have a puppy that tells time by when the sun rises each morning). Some people prefer right before bed. Someone who works a day job at an office might like to utilize their lunch break. Find what works for you and then commit to that time every day for one month. You can do it! You won't always want to. It won't always feel revolutionary, and sometimes it will. Like any exercise, this exercise of your mind and heart will take time to develop,

If you find this is not enough space for all that you want to write, that is a great problem to have and lets you know it is time to invest in a small journal that will allow you write to your heart's content through each of the four sections each day.

Enjoy your Pathway to Peace™ journey this month!

*“Then you will experience God’s peace,
which exceeds anything we can understand.” Philippians 4:7 NLT*

Thank you for investing in one week on your first
Pathway to Peace™!

Some questions for your consideration:

- How are you feeling most days now compared to one month ago?
- Do you feel less anxiety most days than you used to?
- Have your thoughts changed around certain subjects of concern?
- What are the most important things you have become aware of?

I invite you to join my *Starting Over Stronger After Divorce* group on Facebook. If you aren't divorced or even considering divorce, just indicate in the membership request that you are joining because you are a Starting Over Stronger reader! Search for the page by name, answer a few membership questions and then you're in.

Once in, please post to share about your experience reading the *Starting Over Stronger* book and how you felt before and after one week of Pathway to Peace™ journaling. Next, go visit Amazon to see if there are any new extended journals available for purchase, as they are currently in the planning phase as of this writing.

Thank you again for reading my story and for investing in beginning to write a new story all your own. Every day you journal, you will gain new insights. Each new insight will lead you into more clarity. Each point of clarity becomes the new strength you have been seeking for so long, the strength that will lead you on a pathway to the peace your heart desires.

Keep on journaling!
You are starting over stronger each day you do.

~Annie