

Key Understandings in the Peace Education Program

PEACE

- 1 Peace is necessary for our wellbeing.
Peace begins with each one of us.

APPRECIATION

- 2 We can appreciate being alive every day.
We have the ability to appreciate ourselves.

INNER STRENGTH

- 3 Strength comes from knowing the inner resources we already have.
We each have the power to write our own story.

SELF-AWARENESS

- 4 Self-awareness brings us greater understanding of who we are.
We have the capacity to deal with the obstacles in our lives.

CLARITY

- 5 Clarity helps us to see and steer clearly through situations and challenges in our life.
We get good at what we practice.

UNDERSTANDING

- 6 Understanding ourselves helps us to see the value of life.
We need to understand the difference between believing and knowing.

DIGNITY

- 7 Valuing ourselves helps us to value and respect others.
Each person needs to be treated with dignity.

CHOICE

- 8 Our ability to choose gives us the power to transform our lives.
The choices we make determine the quality of our lives and affect those around us.

HOPE

- 9 We can be the source of hope in our own lives.
Feeling peace puts our problems in perspective.

CONTENTMENT

- 10 The possibility exists to be content and enjoy our lives.
We can be content regardless of our circumstances.