The PEACE Pathway™ Welcome Guide

The Beginning of Your Journey Into Inner Peace

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Welcome to
The PEACE Pathway™ Welcome Guide

Dear Beautiful Soul,

You've carried so much for so long — responsibilities, expectations, the needs of others. Yet somewhere along the way, your inner peace began to slip away. This welcome guide is my gift to you. This guide is an invitation for you to breathe again, to reconnect with yourself and with the One who created you.

The PEACE Pathway™ was born out of my own seasons of too much stress, exhaustion, and feelings of emptiness due to being a people-pleaser, insecurities, and detachment from myself. During these years, I learned that stress is not my enemy but a messenger. I realized I can still experience calm and inner peace amid chaos and challenges.
Over the following few pages, we'll walk through five faith-filled steps of The PEACE Pathway™: **Pause, Embrace, Acknowledge, Connect, and Engage.**

Take your time. Whisper prayers. Let God meet you where you are. I'm here walking with you, one gentle page at a time.

With love and peace,

Dolly 💖
Creator of the The PEACE Pathway™
Founder Love. Heal. Believe.
lovehealbelieve.com

How to Use This Kit

- Set aside 10–15 minutes a day for one step of PEACE.
- Have a pen, a quiet space, and an open heart.
- Read the short lesson, reflect, journal, pray, and practice one simple exercise.
- Don’t rush; this is not homework — it’s heart-work.

Each day, we’ll intentionally walk through one letter of the **PEACE Pathway™** together.
You’ll get a mini-lesson, reflection prompts, prayer, an affirmation, a peace practice, and a journaling space that fits into even your busiest days.

The PEACE Pathway™ Welcome Guide is where you spend time for yourself, where you have a moment to breathe and to rest.
This is the time to reconnect with that special someone you often forget: yourself.

So please protect this time. Guard it like the sacred pause it is.
You deserve these few minutes of peace.

PHASE 1 — PAUSE

“Be still and know that I am God.” — Psalm 46:10

Mini-Lesson: The Sacred Pause

Life moves fast. The world tells us to hurry, but the Spirit whispers, Be still. In moments of stress, peace begins with a holy pause — a breath that invites God back into your awareness.

When you pause, you give yourself permission to notice: How is my body? What am I feeling? This moment becomes sacred ground where healing begins.

Reflection Prompts

Where in my day do I resist slowing down?

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What happens in my heart when I finally pause?

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Prayer

Lord, teach me to pause before reacting, to breathe before speaking, and to listen before moving. Help me remember that every breath is a gift from You. Amen.

Affirmation

It's safe for me to slow down; God meets me in the stillness.

Peace Practice

***The Breath Prayer*:**

Inhale – "Be still…" Exhale – "…and know."

Repeat for one minute whenever anxiety rises.

Journal Your Experience.

PHASE 2 — EMBRACE STILLNESS

“Come to Me, all who labor and are burdened, and I will give you rest.”
— Matthew 11:28

Mini-Lesson: Rest Without Guilt

True peace begins when we stop earning love and start resting in it. Jesus welcomed the weary; He never asked them to prove their worth. To embrace peace is to allow God’s comfort to hold you even when life feels chaotic.

Reflection Prompts

What keeps me from resting? Is it fear, guilt, or habit?

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When was the last time I felt truly at peace?

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How can I honor my need for rest this week?

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Prayer

My God, I come to You as I am tired, anxious, and ready to rest in Your arms. Help me release what I can't control and receive Your gentle peace. Amen.

Affirmation

"Rest is not weakness; it's worship."

Peace Practice

Sacred Stillness Minute:

Choose one moment in your day to pause noise. Turn off your phone, breathe, and whisper, "I am safe in God's love."

Journal Your Experience.

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PHASE 3 — ACKNOWLEDGE, REFLECT & REFRAME

“Cast all your worries upon Him because He cares for you.” — 1 Peter 5:7

Mini-Lesson: From Stress to Strength

Acknowledging doesn’t mean dwelling in pain; it means naming what’s real so healing can begin. When we bring our burdens into God’s light, they lose power over us.

Peace grows when honesty meets grace. You can say, “Lord, this hurts,” and trust He’s listening and will meet you where you are.

Reflection Prompts:

What stressors or emotions have I been avoiding?

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What truth or gratitude can reframe my worry?

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How has God carried me before and how might He carry me now?

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Prayer

Lord, You know my heart. Help me face what's heavy with courage and compassion. Remind me that my feelings are signals, not shame. Amen.

Affirmation

"I can acknowledge my pain and still believe in peace."

Peace Practice

Name-and-Release Exercise:
Write what's weighing on you. Fold the paper, pray over it, and place it in a jar or box as a symbol of "God's Hands."
Optional: You can also symbolically release control by safely burning the paper. (Be careful of the fire hazard).

Journal Your Experience.

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PHASE 4 — CONNECT AUTHENTICALLY

“Love one another as I have loved you.” — John 15:12

Mini-Lesson: Boundaries and Bridges

We were created for connection, not comparison. But healthy connection requires boundaries. Saying no with grace is a sacred act of love for yourself and others.

Connection also means community: God often heals us through people who listen, encourage, and walk beside us.

Reflection Prompts

Who brings peace into my life?

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Where do I need clearer boundaries or honest conversation?

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How can I connect more deeply with God and others this week?

Prayer

Loving God, help me love others without losing myself. T
each me to speak truth in kindness and to set boundaries that honor You. Amen.

Affirmation

“Boundaries are bridges that protect my peace.”

Peace Practice

Heart Connection Check-In:
Each evening, think of one person to thank, bless, or forgive.
Send a text, whisper a prayer, or write a note.

Journal Your Experience.

PHASE 5 — ENGAGE IN EMPOWERING HABITS

“Let your light shine before others.” — Matthew 5:16

Mini-Lesson: Living in Joyful Alignment

Peace isn’t the absence of problems; it’s the presence of purpose. To engage means to live out what you’ve learned and to bring stillness into motion. Small, consistent actions create lasting transformation.
When you align daily choices with God’s peace, you become a vessel of calm wherever you go.

Reflection Prompts

What habits or rhythms help me stay peaceful?

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How can I serve from overflow instead of emptiness?

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What joyful action will I take this week?

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Prayer

Lord, thank You for teaching me to walk in Your peace.
May my life reflect Your calm presence and compassionate heart. Amen.

Affirmation

"Peace is my daily practice and my divine purpose."

Peace Practice

Three Tiny Joys:
Each day, note three small joys — a smile, sunlight, quiet coffee, answered prayer. Gratitude anchors peace.

Journal Your Experience.

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5-Minute Peace Plan

Time of Day	Simple Practice	Scripture Thought
Morning	Gratitude breath before checking your phone	“This is the day the Lord has made.” (Ps 118:24)
Midday	Step outside for 3 mindful breaths	“In Him we live and move.” (Acts 17:28)
Afternoon	Speak a gentle word to yourself	“The Lord is gracious and merciful.” (Ps 145:8)
Evening	Reflect on one blessing	“Give thanks in all circumstances.” (1 Thess 5:18)
Bedtime	Release worries in prayer	“Come to Me…and I will give you rest.” (Mt 11:28)

Reflection Recap

Use this page to summarize what you uncovered in each step of PEACE.

PEACE	Insights	What I'm Letting Go	What I'm Choosing Instead	Thought/Verse to Remember
PAUSE				
EMBRACE				
ACKNOWLEDGE				
CONNECT				
ENGAGE				

My Personal Peace Declaration

Write your own declaration beginning with:

With God’s grace, I choose to live from peace, not pressure. I will pause when life feels heavy, embrace rest without guilt, acknowledge my emotions with love, connect with compassion, and engage in joyful purpose… (i;e., and I step boldly into the life God designed for me.

With God’s grace, I choose to live from peace, not pressure. I will pause when life feels heavy, embrace rest without guilt, acknowledge my emotions with love, connect with compassion, and engage in joyful purpose

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PRINTED NAME: _____ DATE: _____

SIGNATURE: _____

Ready to go deeper?

The full **PEACE Pathway™ Program** expands each of these steps into one-on-one or small-group transformational coaching sessions to help you sustain calm and live in alignment.

👉 Book your **free 30-minute Discovery Call** to see if it's your next step.

Book My Discovery Call

Stay Connected

Join The PEACE Pathway™ Newsletter

Receive monthly devotionals, caregiver encouragement, and early access to workshops.

You are not alone on this journey. May the peace of Christ, which surpasses all understanding, guard your heart and mind each day.

Follow our **Facebook Page**
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https://www.youtube.com/@dollytamposoksman

With love,
Dolly Tampos Oksman
Creator of The PEACE Pathway™,
Author * Speaker * Autism Specialist * Teacher * Wellness Coach