

I no longer fear confrontation—I will find the right words at the right time.

I bring a calm, cool spirit to any conversation.

This disagreement is temporary.

When I feel stressed, I return to my breath.

I find trusted partners to help me navigate change.

I open my heart and mind to creative solutions.

I do the most kind and generous thing.

It is easy for me to make smart, fair compromises.

Negotiating is a natural part of life. I make shrewd choices.

I detach from difficult people. Everyone in my life is peaceful.

I replace what isn't working with new ideas.

I keep things in perspective.

I work toward common goals and let unnecessary disagreements go.

I easily see answers that benefit everyone.

I release criticizing others. I give and receive grace freely.

Others provide valuable perspective and I listen to their insights.

I make good decisions when I'm relaxed. I release all tension.

I take time to see the good in others.

I adjust my expectations. I see clearly.

I contribute to peaceful resolutions.

When I feel stuck, I ask, "What's another way?"

*Are you pressed for time?*

*Hack your practice with  
a single keyword!*

*Peaceful*

Shrewd

Grace

Perspective

Generous