



Teaspoons of Peace - The Teaspoons!



This is a list of 20 small but significant Teaspoons of Peace you can do every day on a personal level:

1. Smile like you mean it and want to share a piece of peace with someone
2. Celebrate diversity and how wonderful it makes your life (better than tolerance)
3. Random act of kindness - thank you note to a cleaner, random text of appreciation
4. Say hi to the person next to you and ask what they are doing this evening
5. 'Go to the balcony' when that feeling of anger or rage comes on take a moment mentally to go to the balcony and take a moment out of the situation
6. Run an appreciation / gratitude journal
7. Assume someone that is making you angry is having a bad day for a reason and try to listen to that reason
8. Listen not hear people, see not look at people
9. Go for a walk and appreciate as much as you can
10. Breathe - when frustrated or angry where nothing else can be done stop and take 5-10 deep soulful breaths.
11. Try a breathing mantra - inbreath: 'breathe in the goodness of the world...'; outbreath: 'go out and make the world a better place...'
12. What would Mandela, Malala, Jesus, Buddha, etc, do...!
13. Think about forgiveness, not easy but can be powerful!
14. Eat less / no meat, extend your peace to all living things
15. Get out of your bubble and meet someone you wouldn't normally meet or talk with - on a bus, at the checkout, sitting on a bench...
16. Say to thank you to yourself in the morning to have an absolutely sensational day
17. Listen to someone's story, their slice of life, and what they like best about themselves, their life and the world
18. Think about something that makes you laugh, have it ready for when you need it to bounce back from upsets
19. Listen to a feel-good song, dance if you can and celebrate being alive in whatever form that might be
20. Cry if you feel it, don't fight it, give into it, allow it and appreciate it
21. Use the power of positive peace and flip a usual angry reaction with love
22. Investigate your annoyances and their root cause - is there a way to max the positives and mini the negatives
23. Show the same compassion, understanding and love you might have for that person or thing in your life that can do no wrong or where that wrong is accepted
24. Know good people doing good things for positive peace and creating a culture of peace: PeaceJam, Loving Classroom, Puppets for Peace and more... ([websites](#))

➤ **Add your own... !!! [Facebook: /teaspoonsofpeace](https://www.facebook.com/teaspoonsofpeace)**

Small but significant choices, decisions and actions creating more positive peace in the world!