



10 Simple Steps for Busy Parents Seeking Peace

Step One: Burn a Bridge or Two

*Trust Your Spirit
Be Grateful for Your Guides
God Is Never Quiet*

Step Two: Judge Not

*God's Time Is Not Our Time
Stop Judging Others
Stop Gossiping
Stop Dwelling on Your Sins
There's No Such Thing as a Perfect Parent—Only Perfect Acceptance*

Step Three: Listen Up!

*God Speaks Through the Wisdom of Others
Turn the Gadgets Off!
Schedule Peace and Resolution into Your Day
Listen for God, Others and Yourself
Make Listening to God a Habit
Establish a Spiritual Routine
Find God in All Things*

Step Four: Love Your Imperfections

*Always Be Prepared for Obstacles
Agape Is the Answer
You Will Not Be Judged by Your Greatest Sin, But by How Much You Have Loved
Humility Means Knowing What You Can Offer the World and What You Can't
Your Life Has a Purpose
I Am a Loved Sinner
I Am Perfect in My Imperfections
I Don't Need to Be a Saint to Do Great Things for God*

Step Five: Face the Music and Dance

*Forgiveness Is Hard Work
Emotional Pain Does Not Go Away by Itself
Stop Apologizing and Change Your Ways
Don't Just Love, Forgive
Be on the Lookout for Laughter
Pretend You Are on Vacation Today*

Step Six: Think Water, Not Rocks

*There Are No Permanent Obstacles in Your Path
Every Day We Flow
I Am Like Water*

Step Six: Think Water, Not Rocks (cont.)

*I Can Flow Around These Things
I Am Complete
Accept More And Fight Less
Flow, Flow, Flow*

Step Seven: Be a Philosopher King

*Sound Mind, Sound Body
Appreciate Music
Get Seven Hours of Sleep
Eat Less, Exercise More
Mix It Up!
You Can't Parent in Cyberspace
Lift Others Up
Let Energy Find You
Simplify!*

Step Eight: Always Click "Like"

*Affirm but Don't Contribute
Life is Too Short to be Negative
We Are Not Designed for Negativity
Congratulations, You've Failed!
Negativity Is No Longer an Option
Every Life Is Sacred
Lord, Let Us See Only the Good in Others*

Step Nine: Become a Bridge

*Abundance Is All Around You
God Is the Bridge Builder
Ask God To Bless Your Efforts
Ask Big! God Can Handle It!
Show, Don't Tell
Show Me Where Your Treasure Is, And I'll Show You Where Your Heart Is
Ask and You Shall Receive*

Step Ten: Live Each Day As If You Are Going to Live Forever—Because You Are!

*Abundance Is Greater Than Death
Life Is Greater Than Death
Like Attracts Like
Death Is Not The Final Answer
Celebrate Each Day with God
If You Can See The Big Picture, The Little Picture Is Transformed*