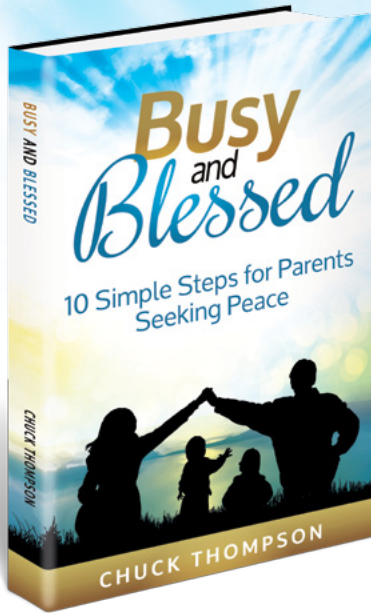


10 Simple Steps for Busy Parents Seeking Peace



Step One: Burn a Boat 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
- 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