

Peace and Joy Journal

Tracking how many times a week you experience peace and joy will help identify where you are on the p & j scale. Through this exercise you will discover some weeks are better than others so don't get discourage. The goal is to establish your peace and joy base line and work towards growing your internal Dove peace. This process may take a few weeks depending on your personal life circumstances.

Monday	Label Peace and Joy Encounters (Went on a walk; Spent time with family.....)		
1	4		
2	5		
3	6	Total	<input type="text"/>
Tuesday	Label Peace and Joy Encounters		
1	4		
2	5		
3	6	Total	<input type="text"/>
Wednesday	Label Peace and Joy Encounters		
1	4		
2	5		
3	6	Total	<input type="text"/>
Thursday	Label Peace and Joy Encounters		
1	4		
2	5		
3	6	Total	<input type="text"/>
Friday	Label Peace and Joy Encounters		
1	4		
2	5		
3	6	Total	<input type="text"/>
Saturday	Label Peace and Joy Encounters		
1	4		
2	5		
3	6	Total	<input type="text"/>
Sunday	Label Peace and Joy Encounters		
1	4		
2	5		
3	6	Total	<input type="text"/>
Weekly Total P & J Encounters			<input type="text"/>

Weekly Peace Encounters Scale:

0 – 4: You may be experiencing a tough week or a serious life storm. Extend this exercise for another week. Try to focus on achieving moments of peace by engaging in activities that will bring you joy. You may want to seek help if your numbers stay in this range for 4 weeks or more.

5 – 10: You are on your way to experiencing p & j in life on a regular basis. Continue to increase your awareness on what peace and joy looks like in your life. Start to think about whether your p & j is dependent upon world peace or Dove peace.

11 – 14: Congratulations, you have a good base line for your personal p & j thermometer. Explore opportunities to expand on your peace and joy experiences. Watch for God encounters and practice recognizing how He works in your daily life.

15 – 20: You are frequently experiencing p & j which is needed to connect the God encounter dots. The probability of you finding Dove peace during life storms are outstanding.

21 +: By averaging 3 peace and joy encounters per day you comprehend the importance of having a daily presence of p & j in your life. You are in an excellent frame of mind to master Dove peace.