



PEACE

PROCESS

FOR HIGH FUNCTIONERS
HIGH PERFORMERS
HIGH ACHIEVERS

TO GET THINKING
TRY THESE PROMPTS

DEFINING PEACE

Purpose: What drives you? What gives your life meaning?

Equilibrium: How do you balance your energy, emotions, and responsibilities?

Acceptance: How do you treat yourself during challenges or setbacks?

Clarity: Do you understand your priorities and goals?

Empowerment: Do you feel confident in your ability to grow and adapt?

Journal Prompt

- Write about a time when you felt truly at peace. What were you doing, and what elements (purpose, equilibrium, acceptance, clarity, or empowerment) stood out?

BUILDING PEACE

Pause: How often do you take time to reflect and recharge?

Evaluate: Are your habits, thoughts, and goals serving you?

Act: What consistent steps are you taking toward growth?

Choose: Are you prioritizing actions that align with your values?

Elevate: How are you striving to improve and grow?

Journal Prompt

- What's one small step you can take today to build more peace into your life?

PROTECTING PEACE

Prioritize: Are you focusing on what truly matters?

Establish Boundaries: Where do you need to set limits to protect your time and energy?

Adjust: How flexible are you when life doesn't go as planned?

Center: What practices help you reconnect with your inner calm?

Energize: Are your routines renewing your mental and emotional well-being?

Journal Prompt

- What or who in your life feels like a threat to your peace, and how can you set boundaries to protect yourself?



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TO GET STARTED
TRY THESE TIPS

So you want to define, build and or protect your peace. As a High Functioner this has less to do with the drama people may bring into your life and more about how you treat yourself, your responsibilities, and how you engage with your world..

This will help you get started.

Help you reflect on what peace means to you, how to cultivate it, and how to protect it.

DEFINING PEACE

Identify your core values and create goals that align with them.
Explore what peace looks like for you personally — not anyone else.

Develop a clear definition of your purpose and how it connects to daily life.

BUILDING PEACE

Create routines that encourage mindful pauses and self-care.

Identify habits or beliefs that might be holding you back.

Set actionable goals that align with your desired outcomes.

PROTECTING PEACE

Learn how to say no and set boundaries confidently.

Build resilience through stress management techniques.

Establish daily rituals that help you reconnect with your center.

This is a starting point, and most of it might sound easier read than done. If you're ready to take these reflections and turn them into actionable strategies, I'm here to support you every step of the way.

www.drvernicherichards.com

@dr.vrich