International Day of Peace prompts us to “Embrace the Possible”. This inner peace walk activity is specially designed for the City of Batavia river walk. It is self paced and can be done anytime. You may begin anywhere. Pause and reflect on the prompts & questions. Accept the challenge and be the change.

**FLOW**

Sometimes life's hopes & dreams flow towards you & away from you. What direction is life pushing you or pulling you?

**GRATITUDE**

Notice the diverse eco-systems of life all around. This is your community. What 3 things do you appreciate most about your community & why?

**REST**

Why are you carrying that heavy burden? It’s ok to rest, take up space, speak-up, set boundaries, think, heal, grieve, laugh & play.

**TRUST**

The past you is proud of how far you have come. Where do you want this journey to lead to next?

**CARE**

Water is essential to all living things on earth & you are made up of over 60% water. How are you caring for your body & our communal body of water?

https://bataviaparks.org/batavia-parks-foundation
INTERNATIONAL PEACE WALK
INTERNATIONAL DAY OF PEACE DAY
SEPTEMBER 21, 2023

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VISION
Why wait? Just Go!
There are so many places to explore, yet so little time. Where is one place you haven’t traveled to yet?

SELF LOVE
We are living in the impact of our choices. What are some small choices you can make to improve your happiness?
Forgive yourself and carry on.

PRESENCE
Be fully present. Here. Now.
Yesterday was. Today is. Tomorrow will be. Close your eyes and let your senses take over. Allow your thoughts to come and go.

PLAY
The heart of a child is non-judgemental. When was the last time your heart and mind were carefree?
Embrace Your Inner Child.

PEACE
Peace is not a place. Peace is the plan. What does Peace mean to you?