

**Season for Peace and Non-Violence – Week 1**  
**Suggested Actions from the Gandhi Foundation for World Peace**  
(<https://www.gandhifoundation.ca/week-1-themes.html> )

Day 1 – Jan. 31 - COURAGE: It takes courage to stretch our worldview, to develop and deepen our commitment to peace. Courageous people are those who are empowered with the awareness that what they think, say and do makes a difference. Today start to see yourself as an agent of positive change. Have the courage to be the change you wish to see in the world.

Day 2 -Feb. 1 – SMILING: Today smile...a lot. Share a sincere smile with everyone you meet. Smiling is the most basic form of peace work. Know that your smile contributes to peace – it's the greatest of all gifts.

Day 3 – Feb. 2 -APPRECIATION: Write down ten things that you appreciate about yourself and your life. Tell at least one other person what you appreciate about them.

Day 4 – Feb. 3 – CARING: Make a list of at least five ways that you can take better care of yourself, physically and or mentally. Practice at least one today. Demonstrate your care for others by valuing their well-being and acting with attention to their needs.

Day 5 – Feb. 4 – BELIEVING: List some of life. Write what you believe about nonviolence. Find a way to act upon that belief today.

Day 6 – Feb. 5 – SIMPLICITY: In this modern world we live in, our lives and schedules are often filled to overflowing. We rush to get everything done and we often feel impatient with ourselves and others as a result. Write down three ways you can simplify your life and put at least one of them into practice today. Give away something you have not used in the past year.

Day 7 – Feb. 6 – EDUCATION: Learn about the power of nonviolence by educating yourself. Read an article, periodical or book; watch a video on a subject that relates to nonviolence. Learn about human rights, diversity, ecology, history, politics, forgiveness, spirituality, peace studies, biographies of heroes and more. Share what you have learned with someone

Day 8 – Feb. 7 – HEALING: Today, reflect on a challenging or painful incident in your life to find the “gift” it has brought you. How can you use this memory to become a more creative and peaceful person?

Day 9 – Feb. 8 – DREAMING: Martin Luther King, Jr. had a great dream. What is your own dream for peace? What is one thing you can do to honor that dream?