


A woman with blonde hair is walking towards the camera on a city street. She is wearing a long beige trench coat over a white, form-fitting, knee-length dress. She has large white over-ear headphones on her head. Her hair is blowing in the wind. The street is busy with other pedestrians and cars in the background. There are traffic lights and street signs visible. The scene is set in an urban environment with trees showing autumn foliage.

Peace is...
turning down the noise
without needing an excuse.

Peace is...
walking alone,
and enjoying your own
company.


What Peace Really Looks Like

A woman with dark hair tied back is sitting in a meditative lotus position on a blue and white checkered blanket. She is wearing a white tank top and white leggings, with her eyes closed and a peaceful expression. To her left, a light-colored dog with floppy ears is lying down, looking towards the left. In the background, a group of four people are seated around a wooden table, engaged in conversation and drinking. The table is set with glasses, bottles, and lit candles. String lights hang above the scene, and the background is filled with lush green trees, creating a serene outdoor atmosphere at dusk.

Peace is...
saying “no”
without a page-long
explanation.

Peace is...
journaling, breathing,
sitting quietly with yourself.

What Peace Really Looks Like

A woman with long, flowing brown hair is sitting in a meditative lotus position in a vibrant field of colorful flowers. She is wearing a white, long-sleeved robe tied at the waist. Her eyes are closed, and her hands are resting on her knees with palms facing up. The background is a bright blue sky with fluffy white clouds, a bright sun with rays, and numerous white birds flying. Pink cherry blossom branches frame the top of the image. The overall scene conveys a sense of peace and tranquility.

Peace is being myself,
doing what I love,
when and how I choose.

What Peace Really Looks Like