

A woman with blonde hair is walking down a city street. She is wearing a long, light-colored trench coat over a white dress, white headphones, and tan pointed-toe pumps. Her hair is blowing in the wind. The street is lined with buildings, trees, and traffic lights. Some are red, some are yellow, and one is green. People are walking on the sidewalk in the background.

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 in a white tank top and shorts is meditating in a lotus position on a checkered blanket in a garden. She is sitting cross-legged with her hands in a mudra. A dog is lying next to her. In the background, there is a picnic with people, string lights, and a table with candles and glasses.

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 hair is meditating in a lotus position in a lush garden. She is wearing a light blue, flowing robe. The background is a vibrant blue sky with white clouds, pink cherry blossoms, and numerous small white birds. The overall atmosphere is serene and peaceful.

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

What Peace Really Looks Like