



# The Peace Index

This course gives a five-part framework to conquer chaos and find fulfillment.

## About

The Peace Index Course is a deep dive into understanding how Chaos affects you and providing you with practical exercises to help you solve your real life issues around Purpose, People, Place, Personal Health and Provision.

### The typical outcomes you will experience:

- Discover how fulfilled you are in your purpose
- Evaluate the relationships in your life and how each of them affect your peace level
- Diagnose your place and what changes may need to be adjusted to bring you the fulfillment you are looking for.
- Learn what parts of your personal health need attention
- Discover what aspect of your financials may need to adjust in order to help you be more peaceful

### 1 Purpose

Do you know your purpose and are you living it out

### 2 People

Which relationships strengthen you and which need healthy boundaries

### 3 Place

You home, your workspace, even your city affect your peace level

### 4 Personal Health

Emotional, mental, physical and spiritual health are necessary for an effective leader

### 5 Provision

How much do you earn and is it appropriate for the work you do