

# December 2025 - Peace

A Monthly Workbook  
from Serenity in Motion

My Love,

As the year draws to a close, December offers us the soft hush of winter and an invitation to return to stillness.

Peace isn't only the absence of chaos — it's the quiet knowing that all is unfolding as it should.

This month, we welcome the sacred pause: a gentle time for reflection, release, and inner harmony.

With love,

Lily

*“Peace is not a place you find, but a presence you become.”*

This quote reminds us that peace isn't something we must chase.

It begins within — a choice to return to presence, to soften our breath, to ground in the moment.

When we become peace, we radiate it outward.

## *Journal Prompts*

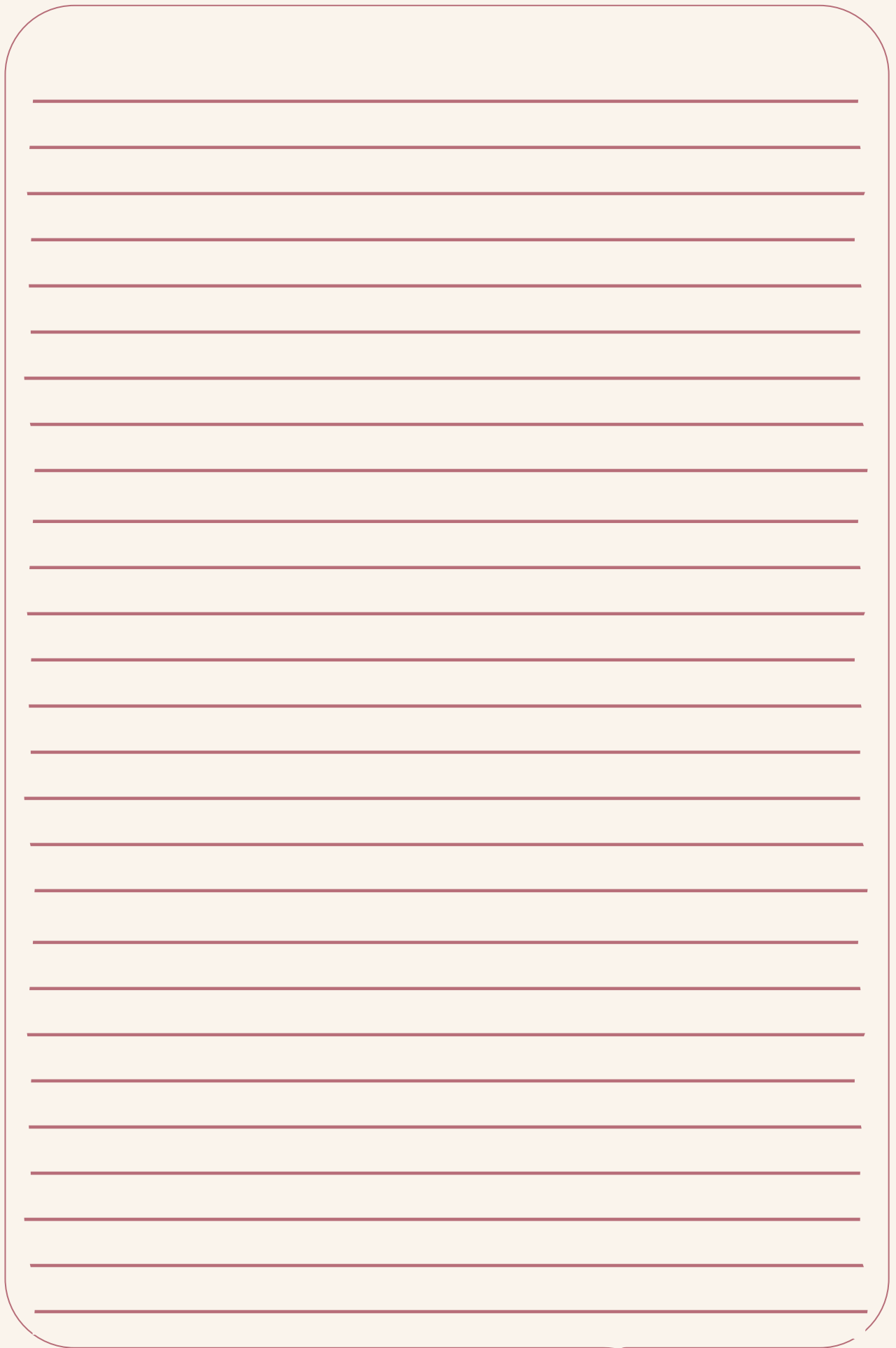
What does peace feel like in my body, mind, and spirit?

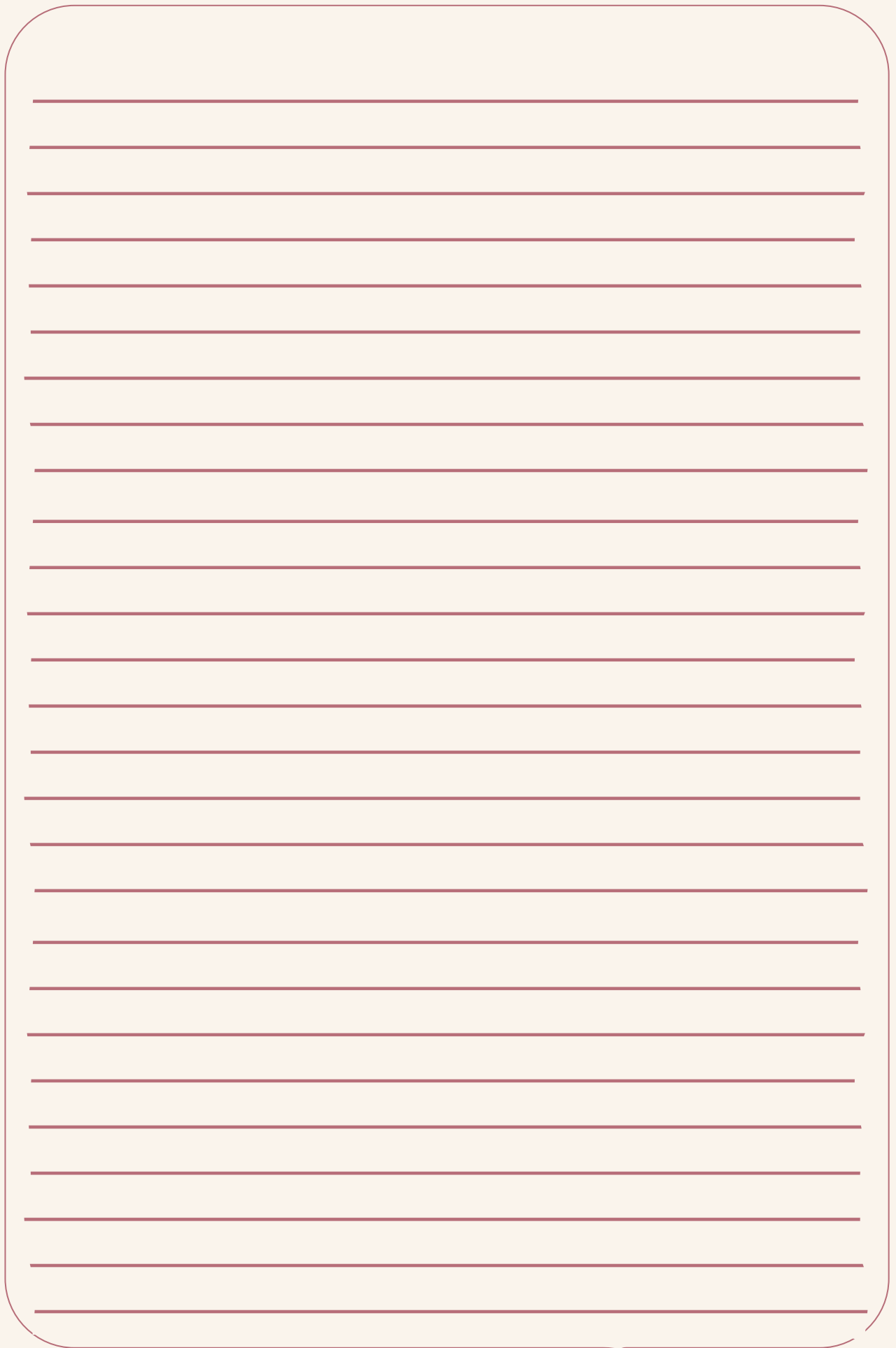
Where in my life am I being called to soften or slow down?

What noise or distraction can I gently let go of this month?

What rituals help me return to a sense of inner calm?

What would it mean to complete this year with grace and serenity?





## *Affirmations*

I am safe, supported, and held in peace.

Each breath grounds me more deeply in the present moment.

I choose serenity over struggle.

Stillness nourishes me.

Peace begins within, and I carry it wherever I go.

*The Practice:*

Take 5 minutes each evening to sit quietly with one hand on your heart and one on your belly.

Close your eyes. Inhale slowly for four counts, hold for four, and exhale for six.

With each breath, repeat to yourself: *'I am at peace.'*

Let the breath guide you back to center, to softness, to presence.

## *Challenge: The Intentional Peace Challenge*

Throughout the month, create moments of intentional peace:

- Start your mornings without your phone — light a candle, stretch, breathe.
- End your day with a simple ritual: tea, prayer, silence, or soft music.
- Choose one day to embrace complete stillness — no plans, no rushing. Just being.
- Offer forgiveness — to yourself, to others. Let it be a balm.
- Write a letter of closure or gratitude for the year past. Burn or bury it with reverence.

Let these actions anchor you into the sacred slowness of winter and guide you into the new year with calm intention.

## *Closing Reflection*

Peace doesn't mean perfection. It simply asks that we return — again and again — to presence.

Let December be your sacred exhale, your whispered amen to the year gone by.

May your heart find its home in stillness, and may that stillness carry you gently into all that is to come.

