

# THE PEACE INDEX: How to Conquer Chaos and Find Fulfillment



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75%

84%

67%



# CHAOS

# The Global Rise of Sadness

Did you experience the following feelings during a lot of the day yesterday?  
How about sadness?



GALLUP®

To mature is the ability to develop  
**inner peace** when there is little  
external peace.

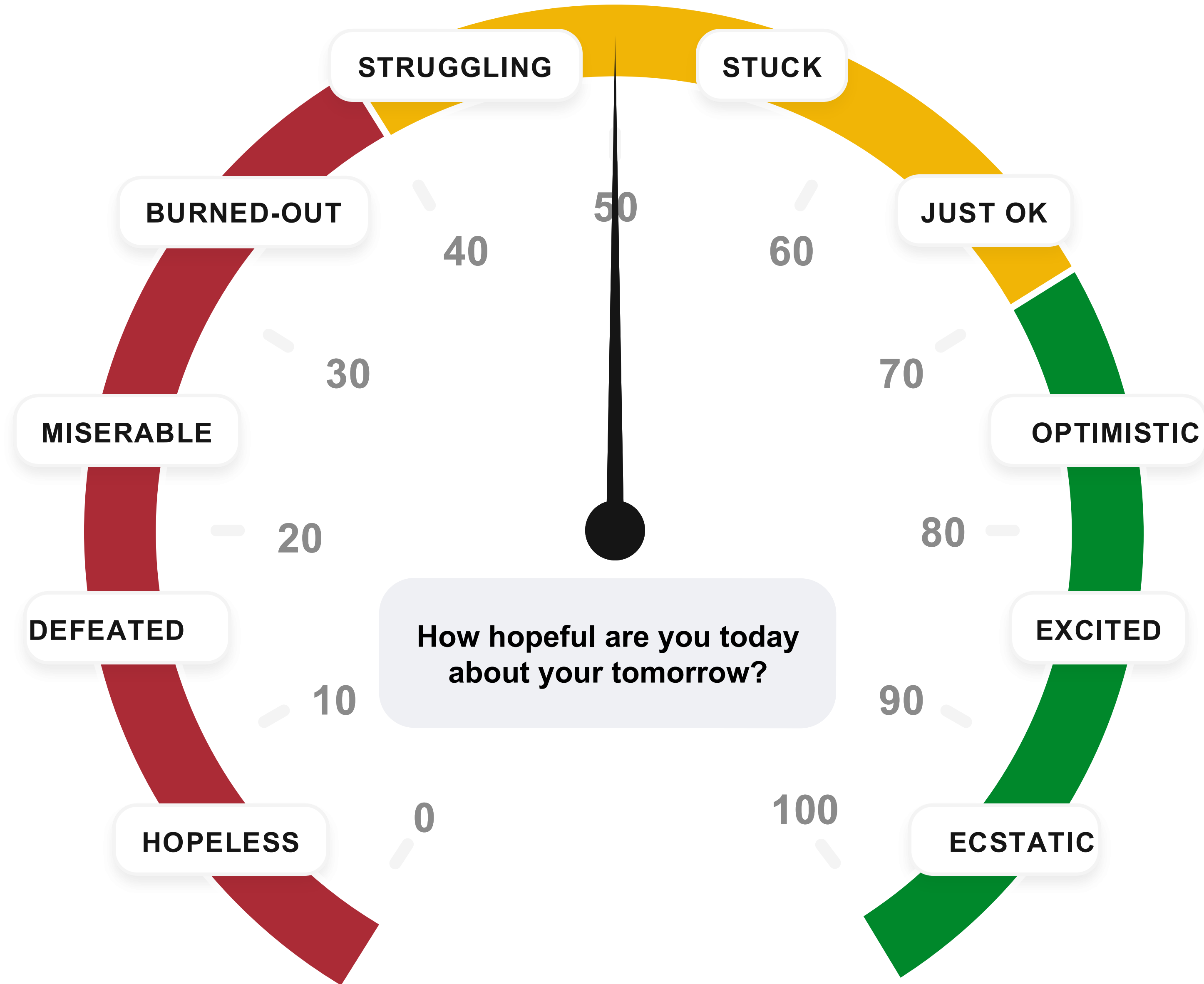


It is imperative to identify **where**  
there is no peace and **why** there is  
no peace.

# 5 CIRCLES OF INFLUENCE

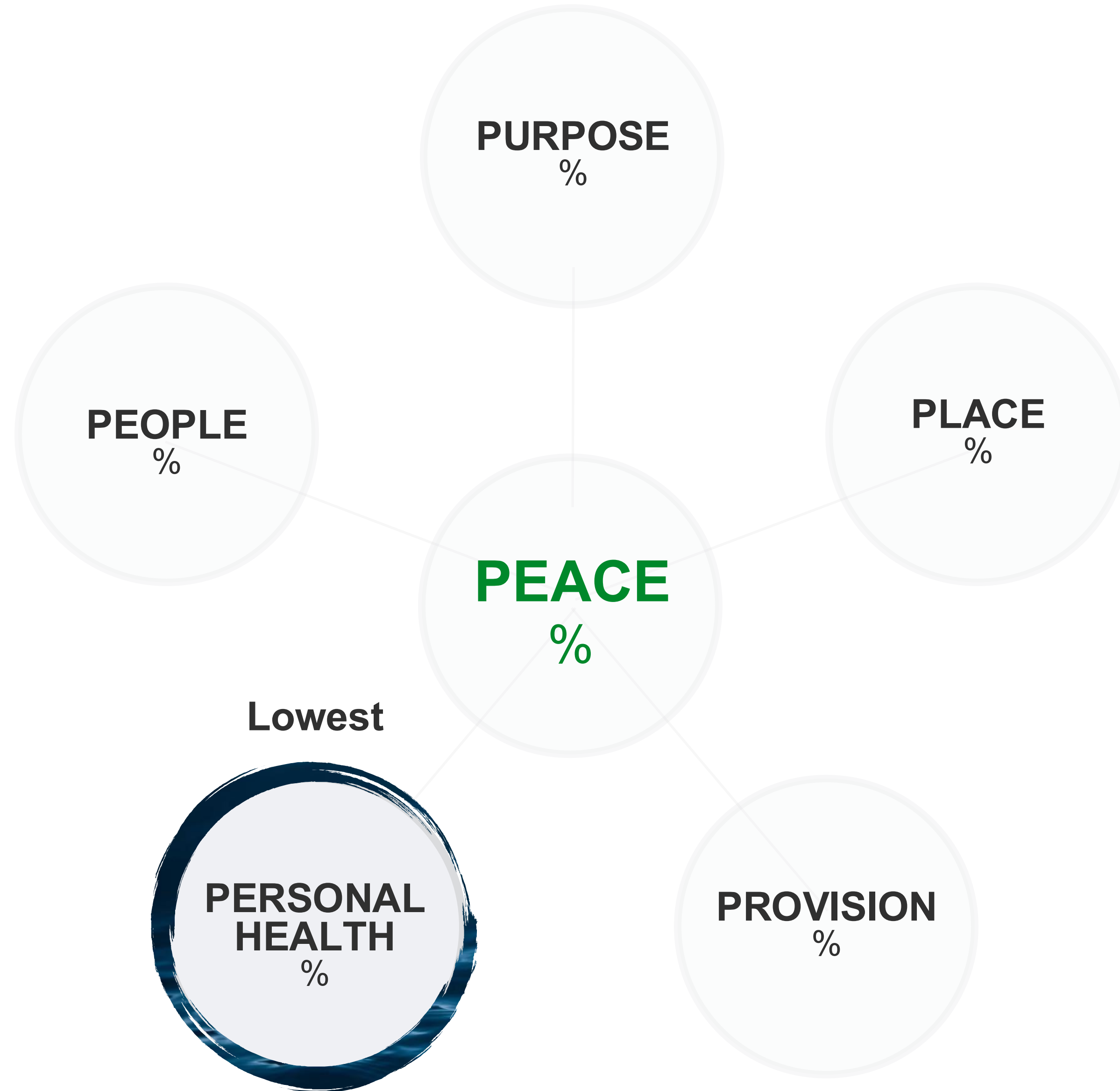


# HOPE METER



**Where there is no hope in tomorrow;  
there is no peace for today**

# PEACE INDEX



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# Purpose Assessment

1. What do you love?
2. What you are good at?
3. Does the world need what you are good at?
4. Can you be paid for what you are good at?

**All of us have a purpose;  
some of us find it.**

# My People



Cassie 84%



Tom 72%



Bianca 89%



Jorge 81%



Tony 60%



Sarah 94%

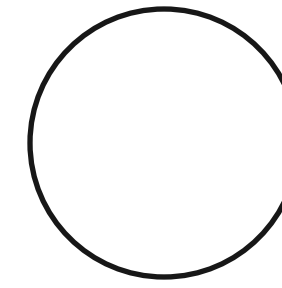


Mark 65%

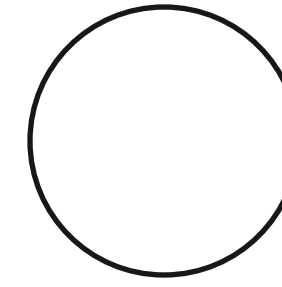
Don't let someone's lack of peace  
**affect** your level of peace.



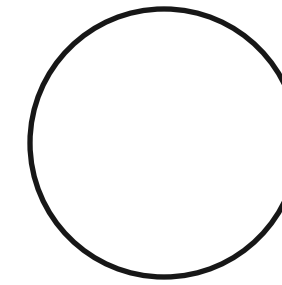
# PLACE ASSESSMENT



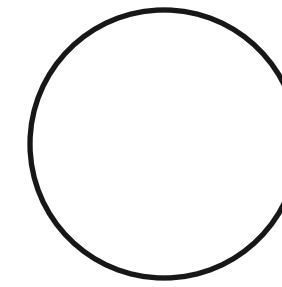
**LIVING SPACE**



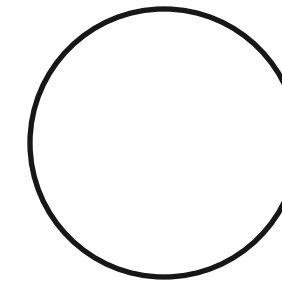
**HOUSE**



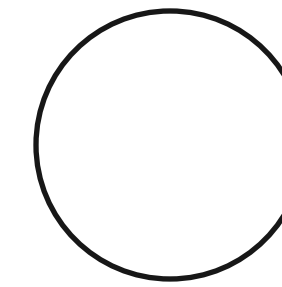
**BACKYARD**



**NEIGHBORHOOD**



**OFFICE**



**COMMUNITY**



# PLACE ASSESSMENT

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LIVING SPACE

6

HOUSE

8

BACKYARD

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NEIGHBORHOOD

7

OFFICE

8

COMMUNITY



The Peace Index



# HYGGE



@jeremiekubicek



# Personal Health: Mind, Body, & Spirit

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**Trade Up.**

Provision is your **satisfaction level**  
with what you earn to provide for  
the life you have.

# Provision Level

What do you **need** to earn to live  
the life you have?

— VS —

What do you **want** to earn to live  
your dream?

**“No, you can't always get what  
you want. But if you try  
sometimes, you'll find you get  
what you **need.**”**

The Rolling Stones

# How **Peace** affects our work

- Leadership development is almost exclusively focused on the head, when hope is a primary driver for engagement and influence.
- Peace is the true driver of performance. Inspired people inspire people.
- Personal peace is a taboo topic in the workplace because it feels too personal.
- Your peace affects everything you do, everyday, which is exactly why it must be discussed.
- The strength of your mind relies on the fulfillment of your Heart.

**Hopeless** leaders are .... fearful and shortsighted

**Hopeful** leaders are .... optimistic and strategic

Thank you!  
Wishing you a holiday  
filled with "PEACE"



The Peace Index helps you  
**manage your emotions**  
so others don't have to  
**manage your emotions**



**PEACE**

# Let's Connect

jeremiekubicek.com (Speaking)

ThePeaceIndexBook.com (Course)

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Book Orders: [amazon.com](https://www.amazon.com)

