

STILLNESS FOR MEN

WORKBOOK

WEEK 5 — FRUIT

Measuring Strength by Peace

Anchor Reading

True power shows in restraint.

Peace is not weakness—it's mastery under control.

Stillness has been shaping something beneath the surface, and now it's time to recognize the results.

The proof of growth isn't how much you've achieved—it's how calm you've become while achieving it.

You're stronger now, not because of what you've gained, but because of what no longer moves you.

This week, measure your strength not by your output, but by your peace.

Focus Prompts

1. Where am I handling pressure with more patience?
2. What situations no longer control my emotions?
3. What does calm leadership look like for me?
4. How do I define success when peace leads the way?

Internal Reflection

I'm beginning to see progress in ways that can't be measured on paper.

I don't react as quickly. I think before I speak. I recover faster from stress.

Stillness didn't make me soft—it made me steady.

I've learned that real power doesn't need to prove itself; it just shows up.

Peace has become my new scoreboard.

And I'm finally learning to win differently.

Practice Builder

Habit of the Week:

Take 5 minutes at the end of each day to review your reactions. Identify one moment where you chose peace instead of pressure.

Micro-Discipline Challenge:

When faced with frustration, slow your breathing and delay your response by 30 seconds.

Check-In Question:

Did I measure my success today by results or by peace?

Closing Declaration

"My strength is measured by my peace, not my performance."

In my own words, this week's declaration means:

Weekly Discipline Tracker

Day	Peace Reflection Completed (Y/N)	Most Pressured Moment Today	Peace Level (1-5)
Mon	■	_____	■ ■ ■ ■ ■
Tue	■	_____	■ ■ ■ ■ ■
Wed	■	_____	■ ■ ■ ■ ■
Thu	■	_____	■ ■ ■ ■ ■
Fri	■	_____	■ ■ ■ ■ ■
Sat	■	_____	■ ■ ■ ■ ■
Sun	■	_____	■ ■ ■ ■ ■

End-of-Week Reflection

This week, I discovered that peace is the clearest sign of progress.

Control without calm is chaos; calm under control is power.

Stillness taught me that I don't have to chase success—I can build it from stability.

The more I value peace, the more effective I become.