



Creating Ambassadors of Peace

16 Steps to Become an Ambassador of Peace

Dr. Theresa A. Moseley

Owner/CEO TAM Creating Ambassadors of Peace

Cultivate Peace by Caring



“Even the smallest act of caring for another person is like a drop of water- I will make ripples throughout the entire pond.” **Jessy and Bryan Matteo**

Communicate Don't Retaliate



“It’s important to understand that words are very powerful. You can hurt someone and heal someone with words. Do the latter for peace.”

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Actively Listen Then Speak



“We have two ears and one mouth so that we can listen twice as much as we speak.” **Epictetus**

Think Before you React



“Before you act, listen. Before you react, think. Before you spend, earn. Before you criticize wait. Before you pray, forgive, Before you quit, try.” **Ernest Hemingway**

Respect One Another



“Deal with yourself as an individual worthy of respect and make everyone else deal with you the same way.” **Nikki Giovanni**

Show Compassion for Others



“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” **Dalai Lama**

Have Empathy for Others



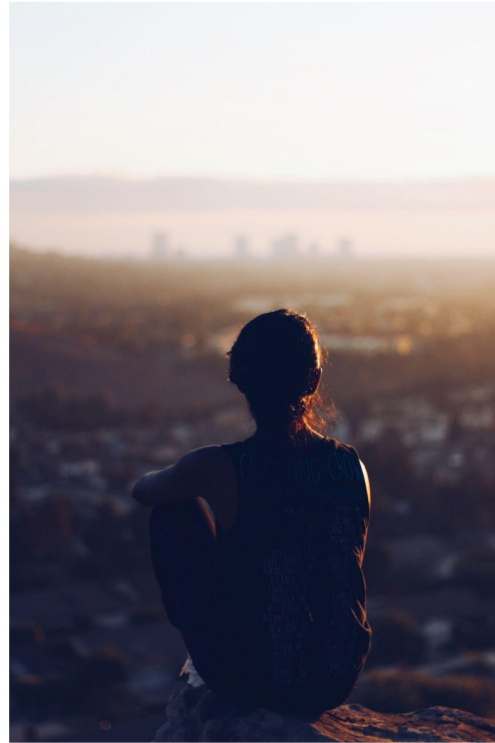
“Leadership is about empathy. It is about having the ability to relate to and connect with people for the purpose of inspiring and empowering their lives.” **Oprah Winfrey**

Realize your Full Potential and Make a Difference in the World



“Every life must be given the chance to realize its full potential – that every life matters.” **President Barack Obama**

Forgive Those that Wrong You



“Inner peace can be reached only when we practice forgiveness. Forgiveness is letting go of the past, and is therefore the means for correcting our misperceptions.” **Gerald Jampolsky**

Be Happy with Yourself and Spend Time with People who Celebrate You



“Once you’re truly happy with yourself alone, that’s when you are safe to find the right person to spend the rest of your life with.” **Tyler Perry**

Teach Your Family How to Be Peaceful



“What I’ve realized is that life doesn’t count for much, unless you’re willing to do your small part to leave our children – all of our children – a better world.” **Michelle Obama**

Encourage Your Friends to Be Kind



“The most single important ingredient in the formula of success is knowing how to get along with people.” **President Theodore Roosevelt**

Attack the Problem, Not the Person



“Peace cannot be achieved through violence. It can only be attained through understanding.” **Dr. Martin Luther King**

Love Your Community and Serve It Well



“In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it.”

Marianne Williamson

Protest Peacefully for Justice



“Nonviolence is a powerful and just weapon. It is a weapon unique in history, which cuts without wounding and ennobles the man who wields it.... It is the sword that heals.” **Dr. Martin Luther King Jr.**

Find Your Gift, Know Your Passion, and Live in Your Purpose



“If you can’t figure out your purpose, figure out your passion. For your passion will lead you right into your purpose.” **Bishop T.D. Jakes**



The Ambassador of Peace Creed

Written By Dr. Theresa A. Moseley

I WILL

- Cultivate peace by caring
- Communicate rather than retaliate
- Actively listen then speak
- Think before I react
- Respect one another
- Have compassion for others
- Have empathy for others
- Realize my full potential and make a difference in the world
- Forgive those that wrong me
- Spend time with people who celebrate me
- Teach my family to be peaceful
- Encourage my friends to be kind and non-violent
- Attack the Problem, not the person
- Love my community and serve them well
- Protest peacefully for Justice
- Find my gift, Know my passion and Live in my purpose!

I AM AN AMBASSADOR OF PEACE

TAM CREATING AMBASSADORS OF PEACE LLC



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The Eight Qualities of Exceptional Black Women

The Fourth Child: Five Decades of Hope

Women of Virtue Walking in Excellence

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Step Into Leadership Greatness

Step Into Leadership Greatness Volume 2 Leaders Producing Leaders

Creating Ambassadors of Peace – 16 Steps to Become an Ambassador of Peace

You Are Enough

Unleash Your Undeniable Impact

I AM S.H.E.

What's God Got to Do With it



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