



VOYAGE TO PEACE INSTITUTE

Your Journey to *Peace* Roadmap

A guided companion to the S.A.I.L. Framework
— four steps for protecting your peace and
navigating stress with intention.

WELCOME ABOARD

Before You Set Sail

There will always be wind. Deadlines shift, people disappoint us, plans change, and stress finds its way in no matter how carefully we plan. Voyage to Peace Institute exists to equip you with practical strategies to protect your peace and lead with clarity, resilience, and intention — no matter what conditions you're navigating.

This Roadmap is your personal companion to the S.A.I.L. Framework. Over the next few pages, you'll move through all four steps — Stop the Noise, Anchor in Purpose, Inspect the Map, and Lead on Purpose — with space to reflect and respond as you go.

"S.A.I.L. isn't about avoiding the wind — it's about knowing how to find your course again."

01

Clarity over Chaos

02

Intentional Boundaries

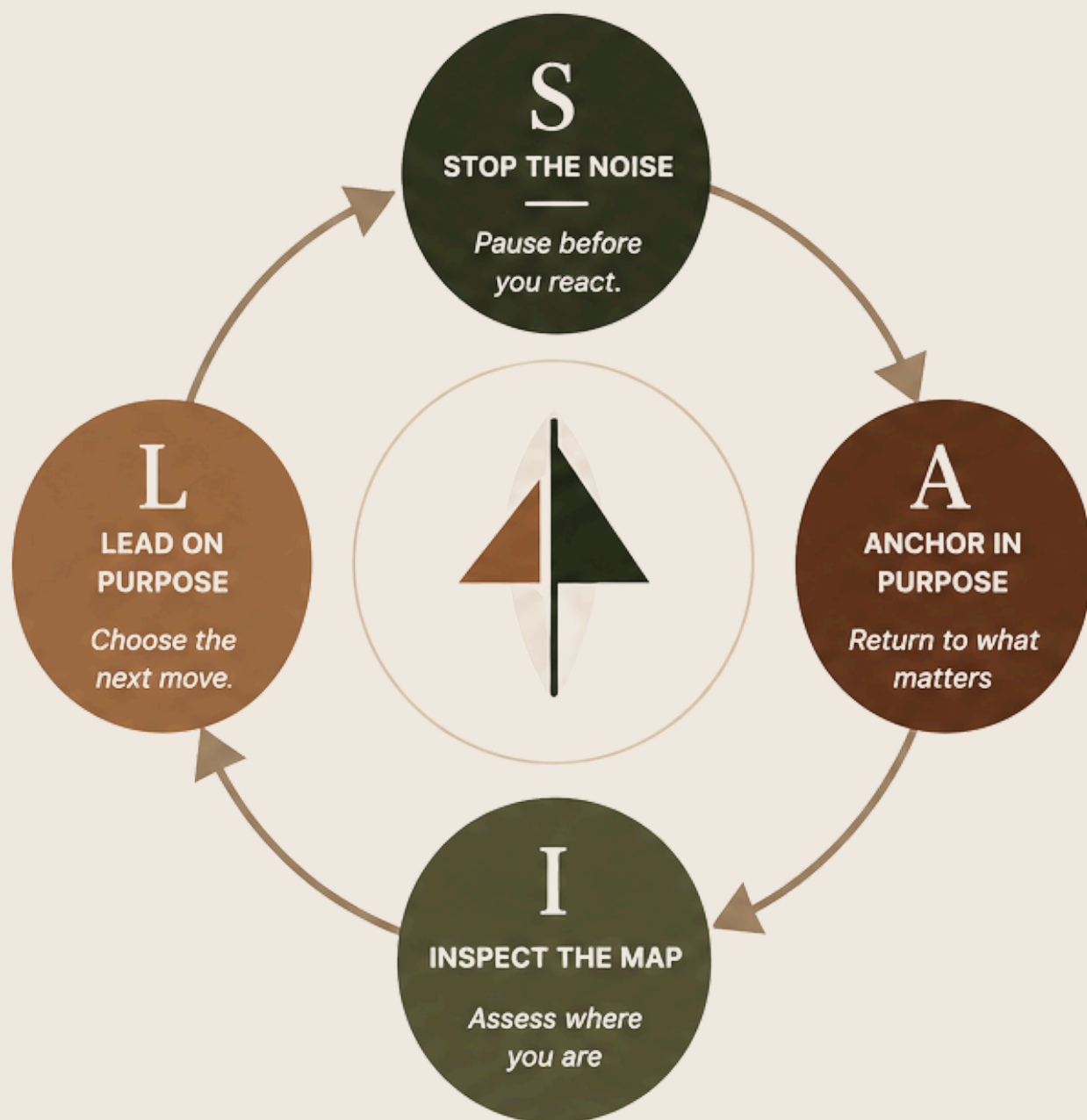
03

Resilient Navigation

THE FRAMEWORK

The S.A.I.L Framework

A four-step method for protecting your peace and navigating stress with intention. It isn't a one-time fix — it's a cycle you return to, again and again, as conditions change.



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STEP 1

Stop the Noise

Set boundaries and eliminate distractions. Learn to say "no" to anything that steals your peace, time, or focus. Before you can navigate anything with clarity, you have to quiet what's pulling your attention in every direction.

REFLECT

What's currently making the most noise in my life — and what would it feel like to mute it, even for a day?

TAKE ACTION

One thing I will say "no" to this week to protect my peace:

A

STEP 2

Anchor in Purpose

Ground yourself in what matters most. Let your values — not your circumstances — guide your decisions. When you know your anchor, the storms around you lose their power to pull you off course.

REFLECT

What are the values I want guiding my decisions right now, regardless of what's happening around me?

TAKE ACTION

One decision I'm facing that I will run through my values first:

STEP 3

I

Inspect the Map

Reflect, journal, and evaluate where you are. Audit your habits, commitments, and relationships to make sure they're aligned with the life you're trying to build. You can't course-correct what you haven't honestly looked at.

REFLECT

Where do I feel out of alignment — in my habits, commitments, or relationships with the life I actually want?

TAKE ACTION

One commitment or habit I need to audit honestly this month:

L

STEP 4

Lead on Purpose

Make intentional decisions with peace as your compass. Stop reacting to life and start navigating it with clarity and confidence. This is where the framework becomes leadership — of yourself, and of others.

REFLECT

What would it look like this week to lead my day on purpose, instead of reacting to it?

TAKE ACTION

One intentional decision I will make on purpose this week:

CONTINUE THE VOYAGE

Bring S.A.I.L to your team

You've walked through the framework on your own — imagine what's possible with guided support for your organization or your next event. Here's how Voyage to Peace Institute can help you go further.

Protecting Your Peace

From \$1,500 A 45–60 minute keynote introducing the S.A.I.L. Framework, customized to your audience.

From \$1,500

S.A.I.L. Workshop & Strategic Training

A half- or full-day interactive training applying each step through exercises and action planning.

From \$2,000

Organizational S.A.I.L. Consulting

A multi-session engagement to improve leadership, reduce burnout, and build healthier culture.

From \$4,000

NEXT STEP

Ready to work with us?

[BOOK A CALL](#)