

# I FOCUS ON THE PRESENT MOMENT

## **I focus on the present moment.**

I live in the present. I slow down and give my full attention to one activity at a time.

I breathe in and out. I concentrate on the air entering and exiting my body. Each inhalation energizes me. Each exhalation relaxes me.

I observe my thoughts without judging them. When I realize that my mind is wandering, I gently return my attention to the present. **I recognize my power.** I choose which thoughts and feelings to act upon.

I connect with each of my senses. I notice the scent of freshly cut grass and the softness of my favorite towels.

**I savor simple pleasures.** I am content drinking a cup of delicious tea or soaking in a warm bath. I enjoy free fun with my children. We make paper crafts and play word games.

I spot promising opportunities. I find ways to capitalize on events at home and work. When my child stays home sick, I use the

time to read together. When a colleague takes a new job, I volunteer to take on more responsibility.

I learn valuable lessons. **Each moment is important** because it can teach me something.

Today, I focus on being present. I enjoy the journey as well as the destination. I let go of regretting the past and worrying about the future. I feel peaceful and content.

## **Self-Reflection Questions:**

1. How does mindfulness help me to enjoy life?
2. What is the relationship between mindfulness and gratitude?
3. How can I balance living in the present and planning for the future?