

My Present Moment Living Plan

Remember: The present moment isn't somewhere to go, but a moment to experience, here and now.

WHAT HELPS ME TO BE PRESENT:

Example: listening to a grounding song, conscious breathing, etc.



- 1.
- 2.
- 3.
- 4.
- 5.

WHAT DRAWS ME AWAY FROM THE PRESENT MOMENT:

Example: Overthinking, gambling, doom-scrolling, self-limiting beliefs, etc.

- 1.
- 2.
- 3.

ANCHORING AFFIRMATIONS

Example: "Don't lose this moment searching for another".

- 1.
- 2.
- 3.

PRESENT MOMENT EXERCISE

enjoy every moment.

1. **Observe** 🔍

Find an object in your surroundings, such as a fingerprint, a rock, a leaf, a building, or the sky. Take notice of its details, textures, shapes, colours, and patterns. Allow yourself to appreciate the beauty and complexity that can be found in the simplest of things.

2. **Pause and breathe** 🛑

Take a moment. Slowly breathe in, and gently exhale. Repeat once more, allow your breathing to become steady and natural. Release any tensions you may have in your body. Relax your shoulders, un-clench your jaw, let your tongue rest naturally in your mouth. If thoughts from the past or future arise, acknowledge them without judgement and let them pass gently.

3. **Be Here Now** 🕒

Bring your full awareness to this moment now. Notice what you see, hear, feel, smell, taste, and experience right now. Let go of the need to be somewhere other than this moment now. Be here now.



Try this two or three times or until I feel more grounded