How to Start Experiencing the Present Moment

1. Stop and Be Still
   Whatever you are doing; cease right where you are.

2. Breathe in and Slowly Exhale

3. Be in the Moment
   Be present to what is going on right now. Push away your thoughts of tomorrow or yesterday.

4. Look Around and Take Notice
   What do you hear, see, feel, taste, or smell?

5. Capture the Moment
   Take note of all you have to be grateful for in this present moment. Go ahead, capture it as if you're taking a picture.