

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.