

# LIVING IN THE HERE & NOW



## WHY IS THAT IMPORTANT

**Fact:** People are happier when their focus is on the moment at hand.

Rather than **formal** mindfulness practice (yoga, meditation...)  
**Informal** mindfulness practice has the same goal but is less time consuming and more spontaneous.

**Objective:** key into repetitive activities that are 2-5 minutes long and observe all the ways your senses are being energized and focus on **gratitude, acceptance, curiosity and wonder**

What are those repetitive activities for you? Focus on a new one each day and log in your thoughts. The more you do each day the better.

### EXAMPLES

*When taking a walk, focus on the air, slow deliberate steps, the feeling of your feet hitting the floor, your breathing etc....*

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

### SUNDAY

WILL YOU KEEP UP INFORMAL MINDFULNESS?



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## WEEK 2

**Fact:** People are happier when their focus is on the moment at hand.

With Autumn in full transformation, make "taking time to breathe and to really SEE the world around you " a priority!

**Objective:** Set aside 10 minutes every day to quietly sit outside .  
Focus on deep breathing (in through your nose and out your mouth)

**Close your eyes - What do you Hear, Smell and Taste**

- Sit comfortably with your arms symmetrical on both sides of you.
- Breath in and out for a few minutes
- Focus a few minutes on what you hear
- Focus a few minutes on what you smell
- Focus a few minutes on what you feel (cool, wind, warm, etc...)
- Spend the final few minutes counting backward form 20 and breathing deep breaths

*Jot down a sentence or a word relating to*

- *What you heard*
- *What you smelled*
- *What you feel*
- *How you feel right now*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

After a week, has paying attention to your surroundings changed your mood/demeanor? i.e. calm, intentional, relaxed, observant, no change, waste of time  
**Be Honest**

# LIVING IN THE HERE & NOW

## WEEK 3

**Fact:** People are happier when their focus is on the moment at hand.

Family and Friends are instrumental in keeping our spirits up during the pandemic . It takes work.

**Objective:** Touch base with a different person each day .

- Monday: A close family member
- Tuesday: An old friend that you don't speak with often but makes you smile
- Wednesday: An Aunt , Uncle or Cousin
- Thursday: Someone you have worked with
- Friday: Someone you know does not get many phone calls
- Saturday: A good friend from your past
- Sunday: Someone you rely on weekly

*Jot down a sentence or a word relating to*

- *How you feel about the call*
- *How you felt after the call*
- *In what ways did they surprise you*

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

- Did you enjoy talking with old friends?
  - Are you planning on staying in contact?
  - Did you enjoy this exercise or was it difficult? Why?
- Be Honest**



# LIVING IN THE HERE & NOW

## WEEK 4

**Fact:** People are happier when their focus is on the moment at hand.

### How to be Present: The 5 Steps for Living in the Here-and-Now

<https://www.wanderlustworker.com/how-to-be-present-the-5-steps-for-living-in-the-here-and-now/>

**Objective:** Make an intentional effort to focus on these each day

- Invest the first 5/10 minutes of your day devoted to **daily gratitude**.
- Dedicate at least 5 min. each day to **physical activity** (exercise, yoga, walking etc...).
- Turn everything off to **limit distraction** for a period of time each day (5 min, 1 hr etc...)
- No matter how big or small, **find a way to give** to someone in need everyday.
- We are all interconnected, sharing universal energy. Make an effort to step into each day **focusing on love and beauty** rather than hate and pain (or a variation of).

Happiness is Intentional - you have to make the time & effort.

### MONDAY

### TUESDAY

#### Check off Daily

- **Daily gratitude**
- **Physical activity**
- **Limit distractions**
- **Find a way to give**
- **Focus on love & beauty**

- Daily gratitude
- Physical activity
- Limit distractions
- Find a way to give
- Focus on love & beauty

- Daily gratitude
- Physical activity
- Limit distractions
- Find a way to give
- Focus on love & beauty

### WEDNESDAY

### THURSDAY

### FRIDAY

- Daily gratitude
- Physical activity
- Limit distractions
- Find a way to give
- Focus on love & beauty

- Daily gratitude
- Physical activity
- Limit distractions
- Find a way to give
- Focus on love & beauty

- Daily gratitude
- Physical activity
- Limit distractions
- Find a way to give
- Focus on love & beauty

### SATURDAY

### SUNDAY

- Daily gratitude
- Physical activity
- Limit distractions
- Find a way to give
- Focus on love & beauty

- Daily gratitude
- Physical activity
- Limit distractions
- Find a way to give
- Focus on love & beauty

How's the saying go,  
"the definition of Insanity is doing  
the same thing over & over and  
expecting different results?"

Was this an exercise you  
enjoyed? Didn't enjoy?  
Why do you think you  
felt that way

**Be Honest with yourself**

# LIVING IN THE HERE & NOW

## WEEK 5

**Fact:** People are happier when their focus is on the moment at hand.

**How to be Present: 6 ways to live in the Moment**

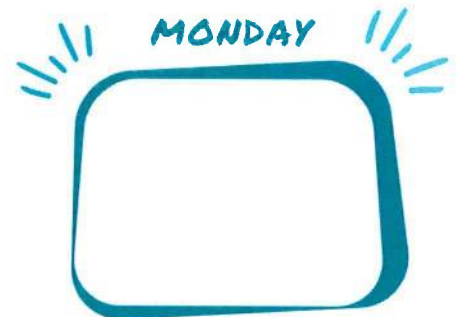
<https://www.gaiam.com/blogs/discover/6-ways-to-live-in-the-moment>

**Objective:** Make an intentional effort to focus on these each day

1. **Focus on the NOW**, ex. turn off the background noise and focus on what you are doing right now.
2. **Pay attention to the small things**, ex. Breathing in the morning air and being thankful.
3. **Smile**, ex. look in the mirror in the morning and smile.
4. **Perform Random Acts of Kindness**, ex. Spontaneous compliment or opening the door for someone.
5. **Give Thanks**, ex. Take a moment every day or every hour and focus on how good you really have it.
6. **Don't Worry**, ex. every moment your about the future is a second of the present wasted

**Activity:** Focus on one or two each day.

- At the end of the day, jot down the number and what you did.
- At the end of the week, reread what you did and think about how it made you feel



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY

