

A woman is silhouetted against a vibrant sunset sky, standing on a wooden pier. She is holding a string of warm white lights, with some lights visible on her dress and others trailing behind her. The sky transitions from a deep orange near the horizon to a teal at the top. The water of the ocean is visible in the background, and the pier's railing is in the foreground.

# THE ART OF LIVING IN THE MOMENT

How to Live a Better Life by Choosing to live NOW

# **The Art of Living In The Moment – Cheat Sheet**

## **UNDERSTAND: What you CHOOSE to focus on grows**

- ✓ Focus is a CHOICE
- ✓ Real focus is never desperate

## **Reclaim your ability to focus**

- ✓ Time
- ✓ Attention
- ✓ Resources

Make it COUNT

## **Rediscover the ETERNAL NOW**

- ✓ Most people have forgotten the Present Moment
- ✓ We all trying to go somewhere and be somebody

## **Desiring leaves us EMPTY**

Meditation reveals the power of the ETERNAL NOW

- ✓ The present moment
- ✓ You come face to face with the power of your mind to shape your reality
- ✓ CLAIM THAT POWER!

Reconnect with your LIFE'S GRAND OBJECTIVES

ASK: Are your GRAND OBJECTIVES Really yours?

## **Reclaim your power to CHOOSE**

- ✓ What are your IDEALS?
- ✓ What are your VALUES?
- ✓ Does everything LINE UP?
- ✓ Power Flows from Purpose
- ✓ Purpose Flows from Integrity
- ✓ Are you REAL? Claim the power of personal INTEGRITY

## **Get Quiet**

What if I told you that you're always interrupting yourself?

- ✓ Get quiet first
- ✓ Stop editing your thoughts
- ✓ Stop editing your feelings
- ✓ Watch your thoughts like clouds
- ✓ Count your breath
- ✓ Savor the ETERNAL MOMENT
- ✓ Stop chasing after ANSWERS... let them come to you instead

## **Practice Mindfulness to reclaim your power of FOCUS**

Counting your Breath

- ✓ Breathe HOLD Breathe
- ✓ Practice secular Transcendental Meditation (nonsense mantra)
- ✓ Embrace the moment

Occupy the EMPTY SPACE with your PRESENCE

- ✓ No one to be
- ✓ Nowhere to go

Operate out of FREEDOM

- ✓ Now that you have de-stressed through meditation/mindfulness, choose to operate out of this mental free space
- ✓ Don't just file it away as "something you do"
- ✓ Don't compartmentalize

## **Scale**

Let your inner peace spread to:

- ✓ Your relationships
- ✓ Your body image
- ✓ Your personal ambition and goals
- ✓ LIVE with Integrity
- ✓ From inner Peace comes REAL CONFIDENCE
- ✓ Scale from confidence to competence and back to confidence