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To live in the present means to hold each day close as if it were my last. Yes, it is my opportunity to seize the day and to cherish each passing moment.

I value the moments with my family, co-workers, loved ones, and spouse. I treasure the important things in life: faith, hope, love, trust, honesty and joy!

As I wake up, my decision is to make each moment count. I can do this by paying attention to each word I utter. I stop and take in the fresh air, the smells in the environment around me, the objects and even the tiniest sounds in the room.

I leave the things of the past behind me and now focus on the present day and what it means.

I focus on how present day decisions affect my current happiness.

I think about the negative things that come my way. I consider whether these things can truly matter 20 years from now. If I realize that their effect is only temporary, I

let go of them and live my life.

Today, I make every effort to live in the present. I am mindful of my own needs, the needs of others, and also the needs of the world. I let go of the past and worries about the future so I can live fully in the present moment.

Self-Reflection Questions:

1. Do I ever keep myself from enjoying the present moment by thinking about past mistakes or issues?
2. What are two ways in which I can practice living in the moment?
3. How can I show others the importance of living each day to its fullest?