

Life Happens ONLY in the Present Moment

Diagram A: You have a choice where you spend your mental and emotional energy: In the future, in the present, or the past. In each instance, your experience can leave you with a feeling of being open and expanded or of being closed and contracted. Many of us live in the past or the future. In other words, that is where mental (thoughts) and emotional (feelings) energy goes. When we lose our "present", we lose our life. **Life only happens in the present moment!**

The Future

Expanded Future: Pulls you forward to your inspiring Intentions and Milestones full of hope and promise. You feel vibrant, live, energetic, and bright.

Contracted Future: Drags you down. You feel scared about what is going to happen. You spend your time over-preparing, trying to control, or trying really hard. You are likely avoiding facing the truth of today.

The Present

Expanded Present: If you are complete with the past and looking forward to the future, your present moments are experienced by being fully engaged in life; Feeling your feelings, feeling vibrant, energetic, authentic, conscious, and fully alive. You're engaged in vibrant conversation, projects, or activities related to the present moment.

Contracted Present: Challenges and significant life events happen, and you might feel sad, angry, and/or scared. Those experiences can be transformed into expanded life experiences by fully experiencing your emotions, facing into the truth of today, using your resources, and learning from your experience.

The Past

Expanded Past: Allows you to reflect on fond memories. The past is also a resource for understanding how to cultivate and create a positive present and future.

Contracted Past: No hope for the future. Believing your future will never be as good as your past. Riddled with regrets, resentments, and incompletions. You are likely avoiding facing the truth of today.

Turn to the next page for a personal journey related to time.

Life Happens on in the Present Moment (page two)

How do I spend my time?

We invite you to be informed by the past, excited by and moving toward your desired future, yet living in the present moment. The first step is to become aware of where you currently spend your time. The second step is to make friends with the future and the past. Making friends with the future requires letting go of fear and opening to the unknown. Making friends with the past requires letting go of resentments, regrets, and getting complete with all communications and things that you have left hanging.

First, designate the percentage of time that you believe you spend in the time zone of The Future, The Present, and The Past. Next, answer these questions and write the answers in the appropriate time zone. To stimulate your thoughts on how you might be spending your time, refer to the previous page.

The Future: When I am in the future, what do I spend my time thinking/talking about? What about my "present" am I trying to avoid?

The Present: When I am in the present, I spend my time thinking, talking, or doing what? What takes me out of the present and catapults me into the past or future?

The Past: When I am in the past, what do I spend my time thinking/talking about? What about my "present" am I trying to avoid?

The Future

The Present

The Past

Turn to the next page to continue your journey.

Life Happens on in the Present Moment (page three)

How do I want to spend my time?

Knowing how you currently spend your time allows you to make new choices about how you want to spend your time. Having a healthy relationship with time means that your "future" and your "past" serve your "present". Below, indicate what percentage of time you would like to spend in each time zone. Then answer the following questions for each time zone and write your answers in the appropriate place.

- How would I like to spend my time?
- What are the specific actions I will take?
- What are my potential barriers?
- What outcome will I enjoy when I follow my plan?

Remember, when we lose our "present", we lose our life.

Life only happens in the present moment!



The Future

% _____

The Present

% _____

The Past

% _____