



I AM PRESENT

December 2020

1. If you truly believed the statement, *I am present* how would your life be different? How would you choose to see the world? How differently would you show up in your life?

2. How would you define presence? What does being present mean to you?

3. What and who enriches your life?

4. What do you need to do to make these things and people listed above a priority? What do you need to start doing? What do you need to stop doing?

“When we give ourselves fully to something, we're implicitly saying, ‘I value this. This is worthy of my life energy, of my attention, of my spirit.’ That’s the power of presence. That’s the power of attention.”

– Thomas McConkie



Practicing Presence

- **Digital Sunset**
- **Remove Notifications**
- **Practice being present in key moments of the day**
- **Plan intentionally**
- **Meditate**
- **Engage your 5 senses**
- **Practice Savoring**
- **Flip the Gratitude Switch**

Choose one idea to focus on this month. Which idea are you going to focus on?

What actionable items are you going to take to get there?

“Living in the present moment means letting go of the past and not waiting for the future. It means living your life consciously, aware that each moment you breathe is a gift.” – Oprah Winfrey