



SESSION #12: SLOW IT DOWN

Becoming more present and enjoying life more begins with slowing down time—this means focusing on the moments in front of us and noticing what we are feeling and what we can appreciate. It's a practice. Use these activities below to help you examine how you can deepen this practice and feel even more freedom and joy in life. Print this page and use a journal for additional space for your responses.

Don't Celebrate "Busy" or Hurry"

We often celebrate the hustle at the cost of each and every moment of the day. Let's stop that.

- *Too often I let myself get hurried because...*
- *If I was going to stop being so rushed, hurried and stressed, 3 things I would have to begin doing are...*
- *One thing that I'm always feeling drama about, and that prevents me from noticing how I'm feeling or what I'm doing is...*

... And this is the way I can change how I approach that thing is...

Getting Present

You don't have presence. You *do* presence.

- *Someone who needs me to slow down and just notice and appreciate them more is...*
- *If I could be an even more calming and centered force in the lives of those I love, then I would have to start...*
- *A trigger, cue or practice that I could create to help me be more mindful to my feelings throughout the day would be...*
- *A trigger, cue or practice that I could create to help me be more mindful to my environment throughout the day would be...*

Enjoy The Moment Way More

It's not always about what's next. It's about what is, and appreciating that more fully.

- *A simple thing that happened in my life last week that I can relive now and truly enjoy and feel again, is...*
- *Something that happened today that I could really feel and choose to appreciate is...*
- *3 moments that have happened in the last 6 months that I'm deeply grateful for include...*