

Week Two: Bringing Awareness to The Now

Your assignment, if you choose to accept it, is to witness and record the times you notice yourself either futurecasting or ruminating on past problems.

Take this sheet with you, and as you notice yourself living in a mind-based past or future, write that instance down. If you can use it to better the present moment, take the lesson you need from it, then let it go.

The second sheet in this packet has a space for you to write down things you appreciated in your own personal "Now." What are you experiencing, in this moment, that you are grateful for? Record it, and tell it thank you. As you'll see throughout our journey together, gratitude is the key to all positivity and happiness in our lives.

End your day in your personal development space, with your intention. For two to three minutes, focus on your breathing, and the words:

"I am here, now."

Past Problems	Futurecasts

