

25 WAYS TO Be PRESENT: IMPROVE YOUR MINDSET

Being able to live in the moment is a precious gift that allows you to appreciate your family, work, health, friends, and other aspects of life. A present moment mindset can help you feel happier.

You can achieve a present moment mindset and learn to appreciate each second of the day. Try these strategies to practice living in the moment:

- **Disconnect from technology.** Put away your phone and stop checking email for a portion of each day. These distractions prevent you from focusing on what is going on around you.
- **Find a hidden spot to enjoy nature.** Reconnect with the beauty of nature and the peaceful feelings it can bring.
- **Spend time alone.** Others can distract you.
- **Tell your mind to calm down.** Distracting thoughts about dinner, work, or your hair can interfere with your ability to live in the moment.
- **Focus on a single item near you.** Focus on a single flower or leaf. If you're indoors, you can focus on a single coffee cup or pencil. Pay attention to one object and live in the moment.
- **Reflect on the love in your life.** If you're struggling to stop your mind from racing, then try concentrating on a single positive feeling, such as the love all around you.
- **Focus on your breath.** Focusing on your breath calms both your body and your mind.
- **Avoid thinking about the past.** Thinking about the past most definitely affects your ability to live in the present.
- **Avoid thinking about the future.** If you're thinking about what might happen, then you're not enjoying what's happening now.

- **Avoid negative emotions.** If you feel frustrated or angry, it becomes more difficult to appreciate each moment.
- **Try meditation.** Meditating can help you focus on the present and positive thoughts.
- **Avoid judging the present situation.** It can lead to negative thoughts and emotions.
- **Remember your role in the universe.** By remembering you're part of a greater whole, you can learn to appreciate each moment.
- **Avoid worrying.** This can lead to stress and anxiety instead of living in this moment.
- **Savor the taste of one tiny piece of food.** Pick a favorite food item and learn to savor a tiny portion.
- **Avoid living on autopilot.** Instead, pay attention to your surroundings and feelings.
- **Notice at least one new thing around you.** By noticing small changes, you can develop a stronger present moment mindset.
- **Focus on the light and shadows.** They're easy to find in most situations and can help you live in the moment.
- **Close your eyes and focus on smell.** Using a different sense can help you.
- **Touch a single object near you.** By focusing on touch, you can learn to appreciate your surroundings more
- **Pick a quiet location, but listen closely.** If you find a quiet spot, you will begin to hear things such as your heartbeat or insects.
- **Develop your optimism.** An optimistic personality is more likely to live in the moment.
- **Focus on your connections to the world.** This includes your friends, family, coworkers, and others.
- **Avoid judging others.** It's important not to judge others because it can lead to more negativity.
- **Focus on your present moment mindset for at least five minutes each day.**