

Establishing Presence

Living in the present



Your Personal Recovery
Discovery. Transformation. Freedom.





1. To improve your performance, stop thinking about it (unselfconsciousness).

2. To avoid worrying about the future, focus on the present (savoring).

**If you want a future with your significant other,
inhabit the present (breathe).**

To make the most of time, lose track of it (flow).

If something is bothering you, move toward it rather than away from it (acceptance).

Know that you don't know (engagement).

Don't Just Do Something, Sit There

The most fundamental paradox of all:

Mindfulness isn't a goal, because goals are about the future, but you do have to set the intention of paying attention to what's happening at the present moment.





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