

*resource*

# PRESENCING PRACTICE

Our Life Happens ONLY  
in the Present Moment

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# Presence

You choose where to spend your mental and emotional energy: the future, the present, or the past. Your experience can leave you feeling open and expanded or closed and contracted. Living in the past or the future consumes energy - mental (thoughts) and emotional (feelings) - rather than generative results. When we lose our "present", we lose our life. ***Life only happens in the present moment!***

## **Expanded Future**

A forward aspiration full of hope and promise. You feel vibrant, live, energetic, and bright.

## **Expanded Present**

Being complete with the past and honoring the future, present moments are experienced being fully engaged in life as it is. Feeling your feelings, feeling vibrant, energetic, authentic, conscious, on purpose and fully alive. Engaged in genuine conversation, projects, and activities related to the present moment and your choices.

## **Expanded Past**

Allows you to reflect on fond memories. A resource for understanding, reflection and ground to create a positive present and future.

## **Contracted Future**

Drags you down. Fear of what is going to happen. You over-prepare, try to control, or figure it out. Avoid facing the truth of today.

## **Contracted Present**

Challenges and significant life events happen. You react from fear, anger or sadness. All experiences are opportunities to heal and fully experience your emotions, facing into today's truth, using your resources, and learning from them.

## **Contracted Past:**

No hope. Believing your future will never be as good as your past. Riddled with regrets, resentments, and incompletions. Avoiding today's truth.

# Activity

How do I spend my time? With a blank sheet of paper, replicate the circle with lines. Informed by the past, moving toward your desired future, yet living in the present moment name where you currently spend your time. Then make friends with the future and the past. Making friends with the future requires feeling fear and opening to the unknown. Making friends with the past requires feeling angry and sad, to gain clarity on incompletions.

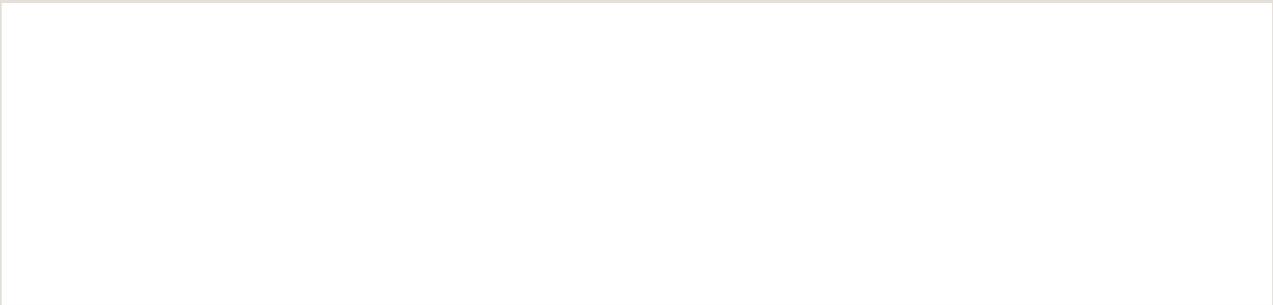
**First, write the percentage of time you spend in the Future, the Present, and the Past.**

The diagram consists of a large circle with a double-line border. It is divided into three horizontal sections by two dotted lines. The top section is labeled "Future" and has a percentage sign (%) below it. The middle section is labeled "Present" and has a percentage sign (%) below it. The bottom section is labeled "Past" and has a percentage sign (%) below it. Each section is intended for the user to write the percentage of time spent in that category.

# Activity

Next, write your answers to these questions in appropriate time zone.

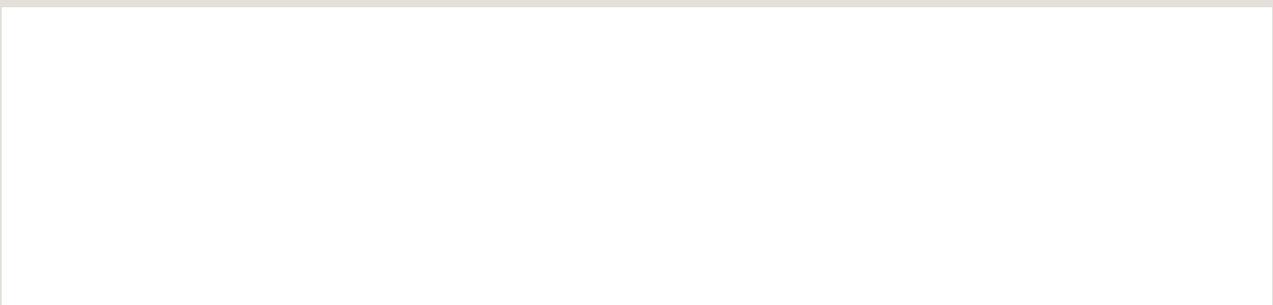
**Future:** When I am in the future, what do I spend my time thinking/talking about? What about my "present" am I trying to avoid?



**Present:** When I am present, I spend my time thinking, talking, or doing what? What takes me into the past or future?



**Past:** When I am in the past, what do I spend my time thinking/talking about? What about my "present" am I trying to avoid?



# Activity

## How do I want to spend my time?

*With a blank sheet of paper, replicate the circle with lines.*

Knowing how you currently spend your time, make new choices about how you want to spend your time. A healthy relationship with time means that your “future” and your “past” serve your “present”. Indicate what percentage of time you would like to spend in each time zone as your answer these questions for each time zone. How will I spend my time? What specific actions will I take? What are my potential barriers? What outcomes will I enjoy following my plan? Remember, when we lose our “present”, we lose our life. Remember, life only happens in the present moment!

