In the Moment

To hold a moment in awareness

Oftentimes, when there is a goal, it becomes the focus and you lose sight of the present moment. Notice the moment for what it is without losing sight of the actual experience.

I allow this moment to happen as it is, without agenda, and notice...

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Have Faith

To trust in yourself

Have confidence in the dependability of your own body and mind. Allow trust in yourself to help meet challenges and persevere.

I trust my body and mind to be capable of...

Reality Check

To accept the moment as it is

Embrace reality to set the stage for acceptance. Actively accept things for what they are to be present in the moment for both desirable and undesirable tasks.

I actively recognize and accept...

Reset Experiences

To see everything as if for the first time

Wake yourself up and approach each moment with fresh eyes. Let go of your expertise and past experiences to make room for new possibilities.

I let go of my past experiences and expertise to be open to new ideas of...

Suspend Judgment

To release expectations of attachment or rejection

Allow something to be as it is without expectations. Strive to let things go and release them as they appear and disappear throughout your life.

I release the ideas of judgment to make room for ideas of...

Put It in Neutral

To become unbiased in your own experiences

Keep your evaluation of yourself and others neutral. Recognize your own judgment and understand how judgments filter experiences.

I am aware of how my judgment can affect my ability to...

Take It Slow

To allow situations to unfold in their own time

Accept that things cannot be hurried, and allow processes and cycles to move naturally. When you take it slow, you are more present in the moment.

I am in this moment without rushing, to allow the unfolding of...