

Becoming more *present*

For today's exercise, take a pause to re-enter the present moment. You might do this by slowly taking notice of the colors, sounds, and textures around you. Or you might gently stretch your body in a way that feels spacious and nurturing.

If you find it hard to be fully present throughout the day, you are not alone. It's easy for our minds to get caught up in "mental time travel"—ruminating on the past, or worrying about the future. Distractions are everywhere, too!

And yet, when we reconnect with the present moment, we become more aware and immersed in what is happening, right here and now, inside of us and around us. We can be more intentional with directing our focus on what feels important or worthwhile.



Today's journaling prompt:

If you could be more fully present in one or two areas of your life, what would they be?

What would it look like for you to bring more of your presence to things that matter to you?

Thank you for journaling with us! Look out for more prompts on our website: startbrio.org/journal-with-us

