



An Activator for Observation

Find Your Present Moment

We know that paying attention means being the present moment. The present moment is inside of us, but we have to be aware of it to unlock it. When you spend too much time thinking about things that have already happened and things that haven't happened yet, you step away from the present moment. Let's practice being in the present moment by imagining a circle beneath our feet. If you have a hoola-hoop, put your hoop at your feet and stand in the center. **Be still for a moment. Keep your mind and body in the present moment.**



