

Preparing for the Road Trip: The Power in the Present

Purpose 1:

To help you see that you have power over the present, and that you DO NOT have power over the past or the future.

Purpose 2:

To decrease the 'overwhelm' you can sometimes feel in dealing with issues that are not in your control.

Purpose 3:

To help you see that you can create positive change when you live in the present.

The Power in the Present

Where are you living? The past, the future or the present?

Why do you need to identify where you are living?

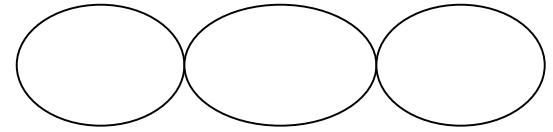
What happens when people spend too much time focusing on the past?

What happens when people spend too much time focusing on the future?

What do statistics say about our worries?

- 40% of the things we worry about...Never even happen.
- 35% of the things we worry about...cannot be changed.
- 15% of the things we worry about...turn out better than we think they will.
- 8% of the things we worry about...are insignificant to begin with

That is a whopping 98% of our worries! These worries take up our time and produce no valuable results!

The Power in the Present

MY WORRY PAGE: List your most pressing worries here:

The Power in the Present

Moving from the past or future into the PRESENT...

How can you make this shift? It is huge. It is *beyond* huge. It can completely change your life. It always come back to choice. It is simply practice and belief that things WILL indeed work out for the best. (You WON'T know at first, because you have manipulated things for so long.) "What is BEST?" Well, you actually have to trust that BEST is *whatever* happens.

It is reciprocal. You can't think of 'what would have been better.' It simply isn't real. It DIDN'T happen that way so why even consider it? Living in the present is a matter of trusting and accepting reality...not trying to argue with it. Obey the moment. Obey what you know to be good and right and true and go with it.

For example, Sarah used to get annoyed when her mom bugged her while she was on the phone. She felt like it was a waste of her time... but then one day Sarah's mom interrupted her to tell her some very big news. Her brother was coming home from Iraq. Sarah realized that her mom didn't usually bother her unless she had something pretty important to say. This proved it. Now Sarah is looking for the purpose in each interaction. She knows the universe is on her side and she needs to pay more attention so she doesn't miss what's happening right in front of her. When Sarah forgets to look for the purpose in each moment, she is usually out of gas (which we will explore later in the course)...

When Sarah FORGETS to appreciate and notice the moment, that is a sure sign that something is up with **HER** not the other person. Somehow the ownership can *always, always, always* come back to Sarah. Without doubt or argument. It is simply her choice to see it that way.)

What are some creative ways we can come back to the present when we find ourselves worrying about the past or the future?

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A matter of philosophy?

Can worry *actually* exist in the present?

Personal Exploration.

How much of *your* life do you spend worrying?

Is this too much?

Can you decrease the amount of time you spend worrying?

What is a reasonable goal for you, personally?

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How can you actively replace a *non-present* worry from your **WORRY PAGE** with a present action? Try it out here.

This worry is directly related to the past or future:	How can I replace the 'out of date' worry with present action?

The Power in the Present

What have you learned about the Power in the Present today?

How does the power in the present affect your life at school?

How does the power in the present affect your social life?

How does the power in the present affect your life at home?

How does the power in the present affect your future?

What will you do differently when you leave here today?

Top 5 Questions to embrace the Power in The Present.

1. Are you worried about something that happened yesterday or MIGHT happen tomorrow?
2. What can you do right now to change it?
3. If you can't do anything in the moment to change it, can you let it go?
4. What is it costing you to hold onto that worry?
5. What are you missing by not being present now

