

## ***Preparing for the Road Trip: The Power in the Present***

### ***Facilitator Focus:***

#### **Purpose 1:**

To help participants recognize they have power over the present, and not the past or the future.

#### **Purpose 2:**

To decrease the 'overwhelm' participants sometimes feel in dealing with numerous and diverse issues that are not in their control.

#### **Purpose 3:**

To teach participants they can create positive change when they 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?

You only have power in this moment.

You do not have power over the past or future.

(Who believes this.. or not?) Open floor for discussion,... As with all the discussion in this program, there are no right or wrong answers. The point is to create discussion and contemplation that will stick with them as they walk out the door.

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

Depression

They cannot make positive change NOW

They have trouble making decisions

They cannot find joy in life *right now*

They stay stuck.

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

They cannot find joy in life *right now*

They try to manipulate life instead of just living it.

They miss opportunities that arise b/c they don't recognize them

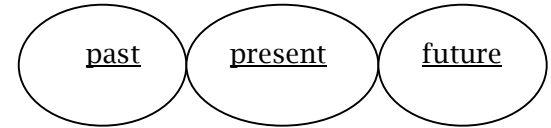
They feel overwhelmed because they are trying to deal with too many things all at once.

### **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:

	<u>Student handout has blank circles and trainer asks students to fill in the circles with these words AFTER they have listed their worries</u>		

## *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?

Take a deep breath

Recite a mantra that helps you come back to center... "TRUST THE UNIVERSE." / "It will work out the way it is supposed to."

Notice in detail what you are doing right now / notice your surroundings in detail

Ask yourself, "What can I do about it right this minute?" If nothing, move on. If something, do it.

"I can't possibly make all this happen." So I think to myself that I will do what is directly in front of me and trust the rest will work itself out. I get to let myself off the hook!

Intuition / Gut / Heart : whatever you call it. Listen to it. We lose track of that inner voice when we step away from the present.

## ***The Power in the Present***

A matter of philosophy?

Can worry *actually* exist in the present?

The purpose of this question is to create discussion around worry. Wherever they take it is okay. You simply want them contemplating this complex question. There are no right or wrong answers!

### **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?

If you have time, discuss this exercise. It is great for participants to hear other people's stories and worries. It helps them realize they are not odd or alone... that everyone gets consumed with worry about big stuff AND little stuff.

### ***The Power in the Present***

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

