
Presence isn't something you create. It's something you remember.
Throughout your day, ordinary moments can become portals back to awareness.

PAUSE & REFLECT

Ask yourself:

- Where in my life do I need more Presence today?
- Am I fully here, or am I lost in thought?
- Can I allow this moment to be exactly as it is?
- What changes when I bring my full attention to this moment?
- What am I aware of right now?

EVERYDAY PORTALS

Use these moments as reminders to pause.

Before You...

- Start your car
- Open your laptop
- Answer an email
- Enter a meeting
- Walk through a doorway

→ Take one conscious breath.

While Waiting...

- Instead of reaching for your phone...
- Waiting for the elevator
- Standing in line
- Waiting at a stoplight
- Waiting for coffee
- Waiting for someone to arrive

→ Simply notice the present moment.

THROUGHOUT THE DAY

Choose one reminder:

- Feel your feet touching the ground
- Notice your breathing
- Listen completely
- Look up at the sky
- Feel the warmth of the sun
- Appreciate one beautiful thing
- Smile at someone
- Pause before reacting

WEAR A REMINDER

Choose something you already wear each day—a bracelet, ring, watch, necklace, or another meaningful object.

Rather than wearing it unconsciously, let it become a gentle invitation to return to the present moment.

Each time you notice it, pause and ask yourself:

- Am I fully here?
- Can I take one conscious breath?
- What am I aware of right now?
- Can I soften into this moment?

Over time, what was once just an object can become a simple portal back to Presence.

GENTLE REMINDERS

- Return to Now
- One conscious breath
- This moment is enough
- Can I simply be here?
- Awareness changes everything