

Living in the Now Worksheet: Arrive Here

Understanding the Present Moment

The present moment is the only place your life actually happens. Not in your replay of the past. Not in your predictions about the future. Just here. Just now.

But the mind drifts. It replays what already happened or rehearses what might happen. The more it does this, the more it becomes automatic. You end up living in thoughts (in your head) instead of in reality.

Nature doesn't do this. A river isn't worrying about where it was yesterday. It's flowing now. Nature can help us learn to live in the now. Mindfulness is the practice of returning to what is happening in this moment, again and again.

Reflection Questions

Where does your mind go most often: past or future?

What kinds of thoughts pull you away from the present?

What do you miss when you're not fully here?

When was the last time you felt completely present?

What helped you get there?

Ecotherapy Exercise: “Arrive Here”

Instructions

1. Go outside and find a place where you can pause for a few minutes
2. Stand still or sit comfortably
3. Take a slow breath and notice your body
4. Look around and name (silently or out loud) 5 things you can see
5. Listen and notice 4 distinct sounds
6. Feel 3 physical sensations (feet on ground, air on skin, temperature)
7. Take another slow breath
8. If your mind drifts, gently bring it back to what you can see, hear, or feel
9. Stay for 5–10 minutes

Prompted Reflection

How often did your mind leave the present?

What brought you back?

What did you notice that you normally overlook?

Did anything feel calmer or clearer?

Integration: Returning to Now

Journaling Prompts

What situations make it hardest to stay present?

What thoughts tend to pull you away?

How does being present change your experience of ordinary moments?

What would it look like to live more of your day this way?

Micro-Practice

At any point in the day:

1. Pause
2. Take one breath
3. Notice one thing around you

That's it. That's "living in the now."

Optional Challenge

Set a reminder 3 times a day. When it goes off:

1. Stop
2. Look around
3. Notice what is actually happening

No analyzing. No fixing. No thinking. No doing. Just noticing.

You don't need to chase the present moment. It's been sitting there the whole time, waiting for you to stop time-traveling in your own head long enough to notice it.