

# 25 WAYS TO DEVELOP A PRESENT MOMENT MINDSET

Being able to live in the moment is a precious gift that allows you to appreciate your family, work, health, friends, and other aspects of life. A present moment mindset can help you feel happier.

***You can achieve a present moment mindset and learn to appreciate each second of the day.***

**Try these strategies to practice living in the moment:**

1. **Disconnect from technology.** Put away your phone and stop checking email for a portion of each day. These distractions prevent you from focusing on what is going on around you.
2. **Find a hidden spot to enjoy nature.** Reconnect with the beauty of nature and the peaceful feelings it can bring.
3. **Spend time alone.** Others can distract you.
4. **Tell your mind to calm down.** Distracting thoughts about dinner, work, or your hair can interfere with your ability to live in the moment.
5. **Focus on a single item near you.** Focus on a single flower or leaf. If you're indoors, you can focus on a single coffee cup or pencil. Pay attention to one object and live in the moment.
6. **Reflect on the love in your life.** If you're struggling to stop your mind from racing, then try concentrating on a single positive feeling, such as the love all around you.
7. **Focus on your breath.** Focusing on your breath calms both your body and your mind.
8. **Avoid thinking about the past.** Thinking about the past most definitely affects your ability to live in the present.
9. **Avoid thinking about the future.** If you're thinking about what might happen, then you're not enjoying what's happening now.

10. **Avoid negative emotions.** If you feel frustrated or angry, it becomes more difficult to appreciate each moment.
11. **Try meditation.** Meditating can help you focus on the present and positive thoughts.
12. **Avoid judging the present situation.** It can lead to negative thoughts and emotions.
13. **Remember your role in the universe.** By remembering you're part of a greater whole, you can learn to appreciate each moment.
14. **Avoid worrying.** This can lead to stress and anxiety instead of living in this moment.
15. **Savor the taste of one tiny piece of food.** Pick a favorite food item and learn to savor a tiny portion.
16. **Avoid living on autopilot.** Instead, pay attention to your surroundings and feelings.
17. **Notice at least one new thing around you.** By noticing small changes, you can develop a stronger present moment mindset.
18. **Focus on the light and shadows.** They're easy to find in most situations and can help you live in the moment.
19. **Close your eyes and focus on smell.** Using a different sense can help you.
20. **Touch a single object near you.** By focusing on touch, you can learn to appreciate your surroundings more.
21. **Pick a quiet location, but listen closely.** If you find a quiet spot, you will begin to hear things such as your heartbeat or insects.
22. **Develop your optimism.** An optimistic personality is more likely to live in the moment.
23. **Focus on your connections to the world.** This includes your friends, family, coworkers, and others.
24. **Avoid judging others.** It's important not to judge others because it can lead to more negativity.
25. **Focus on your present moment mindset for at least five minutes each day.** By setting aside a few minutes each day, you will begin to notice your surroundings and learn to appreciate them.

***You can live in the moment and see how each minute of your life matters.*** It's possible to disconnect from the hectic world to focus on a single moment.