

Being Present — Coming Home To This Moment

Created in collaboration with licensed clinical psychologist, Dr. Diana Hill

Have you ever driven somewhere and realized you don't remember the trip? Or been in conversation while mentally rehashing your to-do list? You're not alone.

When you are on autopilot you may miss out on meaningful moments, or go through the motions of life, without really being in it. Being Present is an attentional flexibility practice. You can bring your attention to the here and now, so that you can make more intentional, values-based choices.

Committed action is values-based behavior that you engage in deliberately, persistently, and flexibly. It's not just goal-setting—it's showing up for what matters, again and again, especially when challenges arise.

Examples Of Being Present:

- 1 Taking three slow breaths before you speak
- 2 Noticing the feel of your feet on the ground
- 3 Really tasting your coffee or tea
- 4 Catching yourself when you are acting out of impulse or habit
- 5 Listening to someone talk without trying to fix them or plan your next words
- 6 Noticing when your mind wanders—and bringing it back to this moment
- 7 Being aware of your physical sensations and urges without needing to change them

Journal Practice:

Use your Insight Timer Journal to reflect on the following:

1. Where in your life do you tend to go on autopilot?
2. What moments do you want to be more here for—in relationships, in your body, in nature, in creativity?
3. How might it feel to offer your full attention to one small part of your day today?

Insight Timer Practice:



[Improve Your Attention With One Eye In And One Eye Out](#)



[Present Moment Meditation](#)

ACT Daily Practice:

Pick one simple cue to bring you into the now today:

1. The sound of your phone buzzing
2. A sip of your drink
3. A red light
4. Your feet touching the floor

Each time it happens, pause. Take one conscious breath. Name something you can see, hear, or feel. That's it. You're here now.

Remember: I am here now. This moment is enough.