

# Present Moment Worksheet

Choose an activity to do mindfully. Below are some suggestions of activities that could be the target of this exercise but you are welcome to choose something else.

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|-----------------------|------------------------|
| Take a shower         | Brush your teeth       |
| Go for a walk         | Eat a meal or a snack  |
| Listen to a song      | Drive to a destination |
| Drink a cup of coffee | Do the dishes          |

## How to Approach This Activity Mindfully

This exercise is similar to the raisin exercise we did in session. Your job is to slow down and use your 5 senses to experience the activity (touch, smell, sight, hear, taste). When you do this activity, do it slowly enough so you are able to experience it with each of your senses. Not all activities can be experienced with all senses. For example, you can't taste music. If you choose to listen to a song as your activity, play around with how you hear it (e.g., what are the lyrics saying, then shift your attention to a single instrument, and then another, devote a little time to each).

If you notice that you are rushing through the activity, slow down as soon as you notice that you have sped up. When you notice that your mind has wandered from this activity to other thoughts (e.g., what you are going to do later in the day or thoughts about the activity being pointless), your job is to gently notice and return to the activity. This exercise is helping us to practice being present, noticing when we are not present, and returning to the activity in front of us. It is not just the activity itself, but the act of practicing that is important. **Remember, this is practice, not perfect!**

What activity did you choose to do mindfully? \_\_\_\_\_

What differences did you notice between when you did this activity mindfully versus how you normally do this activity?

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What places in your life might benefit from you being more present (e.g., during conversations with someone you care about, while engaging in a hobby, during ADTP groups)? If you have trouble coming up with areas that you might benefit from being more present in, reflect on some of the areas below.

1. **Family relations.** What sort of brother/sister, son/daughter, uncle/aunt do you want to be
2. **Marriage/couples/intimate relations.** What sort of partner would you like to be?
3. **Parenting.** What sort of parent would you like to be?
4. **Friendships/social life.** What sort of qualities would you like to bring to your friendships?
5. **Career/employment.** What kind of worker would you like to be?
6. **Education/personal growth and development.** What new skills would you like to learn?
7. **Recreation/fun/leisure.** What sorts of hobbies, sports, or leisure activities do you enjoy?
8. **Spirituality.** What is important to you in this area of life?
9. **Citizenship/community life.** Would you like to contribute to your community through volunteering, recycling, or supporting a group/charity/political party?
10. **Self-care (eating/sleeping/exercising).** How would you like to take care of your body.
11. **Other.** If there is something else that is important in your life, add it here: \_\_\_\_\_

What activities related to these valued areas might it be helpful for you to practice being fully present?

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Which one of the above are you willing to practice being present during once over the course of the next week?

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### Take Home Message

There are times where it matters for us to be fully present to the activities in our lives, such as a romantic dinner with our partner or playing a game with our children. No one on the planet is always present during every moment of his or her life. What we want to practice is being present when it matters to us to be present. This is a skill that requires practice. An Olympic gymnast wasn't born that way. She gets to be that great at gymnastics because she practices those behaviors every day. The same is true for any skill we want to develop.

This is your job. When you notice that your attention has drifted, when it matters to you to stay present, gently return to that activity. As many times as it takes. If your attention drifts 100 times, return 101 times. **Practice, not perfection!**