

Worksheet: Why Living in the Now Helps You Live a Better, More Successful Life

Living in the now can help you create more of what you want in life. Use this worksheet to kickstart your journey into the present.

What makes you rush in the mornings?

1. _____
2. _____
3. _____
4. _____
5. _____

What could you do differently to create a calmer morning routine?

What is one life change you have been avoiding?

How could you embrace this change?

My positive resolution for today is: _____
