

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

Living in the now sounds good in theory but you might be struggling to put it into practice. Fortunately, you can take a few smart steps you can take to raise your success rate. Try doing some of these things to bring yourself into the present.

I have implemented these strategies and tips to live a better life in the now.

- Stay focused on the moment.** Don't get caught up in what happened before or stress about what hasn't happened.
- Watch your future.** Plan for your future. However, don't let it consume your thoughts or get tangled up in what-if thoughts.
- Develop a now attitude.** Focus on the situation you must deal with today. Let tomorrow's troubles be tomorrow's troubles.
- Be open to joy and peace.** Relax and live it up. Don't just trudge through life like you're on a school assignment. Have fun!
- Stop second-guessing yourself.** You made the best decision that you could with the information you had at the time.
- Let your strength shine.** Boost your self-confidence by dealing with things as they happen instead of worrying how you're going to handle the future.
- Accept life changes.** Look at them as opportunities to grow into your best self.
- Stop overanalyzing.** Let uncertainty and fear go by focusing on right now.
- Stop trying to change others.** Focus on their positive qualities and build them up with your words.
- Practice kindness and openness.** Remember, you are creating your future relationship every day. Make it a good one by being kind and generous with your loved ones.
- Release the little things.** Don't let irritants get under your skin or they may become big things that derail your relationship.
- Pay attention.** Give the other person your full focus when you're interacting. This means putting down distractions, like your smart phone, to focus on them.

- Keep your emotions in the now.** Don't drag yesterday or tomorrow into the conversation. That never ends well.
- Choose hope.** Don't view a problem as insurmountable. Instead, look for solutions that help you overcome.
- Take action to change your life.** Ask yourself what you can do today to make your goals a reality.
- Don't procrastinate.** Stop putting off the hard things in life like losing weight, ending a bad relationship, leave a soul-sucking job, or moving to a new city.
- See yourself with kindness.** Treat yourself with grace, focus on what you can do, and think about why you love yourself.
- Give yourself a break.** Taking a day off doesn't mean the world will end. If anything, you're likely to come back feeling refreshed.
- Remove the drains from your life.** Drains could be social media accounts you follow, unhealthy relationships, or habits that are keeping you from your best life.
- Slow down.** You don't have to live life in the fast lane. Make time to eat and spend time with loved ones without rushing to the next thing.
- Fill your life with moments (not things).** Clean the clutter from your life and home. If something is taking joy from you, get rid of it!

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