



We often spend our emotional and physical energy focused on the past (what's already happened) and on the future (what we want to or think will happen) at the expense of the present — the moment that's right here, right now. Use this tool to make commitments and schedule more spontaneous, present moment-focused activities to enjoy the journey.

## Examples of Present-Oriented Activities:

Pick a direction — north, south, east, west — and go for a drive without a destination in mind.

Set aside a full weekend day without any plans. Decide what to do that morning.

Take two or three employees to lunch and get to know them personally; don't talk about work.

Go to a comedy club. Even better, practice telling jokes to others.

Listen to live jazz music.

Pick a day and choose to say yes to almost everything.

Make up a new game with a young child.

Take a very long, very hot shower.

Pick a favorite childhood activity — perhaps flying a kite or blowing bubbles — and do it.

Talk to strangers.

Play a game and lose on purpose.

Go to a playground, swing, slide and play.

Get a massage.

Practice relaxation exercises or meditate.

Allocate one hour to wander around the office and get to know people personally.

Ask someone else to select your meal at a restaurant.

Go for a hike and enjoy nature.

Sing.

Spend time with others who are fun-loving and spontaneous rather than planners.

Leave your wristwatch at home.

Learn a new skill.

Create a work of art.

Ask someone in the room to run one of your meetings.

Go dancing or take a dance lesson.

Flip a coin or use a random number generator to make a decision.

Ride a rollercoaster or do something else that scares you.

Go to a psychic, just for fun.

1. Pick one or two items from the above list (or create/find additional ideas to pursue) that you are choosing to do in the next seven to ten days.
2. Communicate the choices to your significant other, a friend, or a colleague, coach, or mentor, and ask for help planning the activity and/or holding you accountable, if necessary.
3. Schedule the activity in your calendar.

Repeat this exercise weekly to schedule the present and enjoy the journey.

