

# Be Here Now Meditations

1. Choose to live today engaged.
2. Contribute to the day by moving.
3. Conceive a dream. Envision the good in today.
4. Credit God for today and trust he has a plan for it.
5. Commit to a cause—Consider how you make a difference to someone.
6. Collaborate with others who coach and cheer you.
7. Change or rearrange things that don't make sense.
8. Calm yourself by taking care of you.
9. Construct a plan for where you want to be.
10. Create something new.