

## Be Here Now *Journal Starters*

*Be still.* Take at least five minutes a day to reflect or relax.

- Read
- Pray
- Take a tea or coffee break
- Walk or exercise
- Take a bath or extra long shower
- Converse with a friend

*Make it through the moment.* Instead of worrying about the day, work to move through the next hour, the next half hour, better yet, the next minute.

*Offer your best.* Offer what you have or are prompted to do even if on some days that feels like very little.

*Focus on abundance gratitude.* Write down one blessing you are grateful for today.

*Share abundance giving.* Share a piece of yourself, your time, or your talents.

*Be blessed.* In peaceful moments, darker moments—all moments, thank God for his work in you before going to bed.

*Be present.* Ask yourself each morning, “If tomorrow I left to meet God, what would I focus on in this moment to prepare my heart? What would I do today that matters?”