

Being In This Moment

Our clients frequently come to the coaching session completely consumed by what happened the past week, or earlier that day, or since childhood... or they are completely engaged by what they are reaching for in the future: their plans, goals, intentions, the way the world will be when they have made the changes they are focused on in their coaching. They are talking about the past or talking about the future, but not really being in the present. When we turn off the chatter from the past and the future, we can bring all of our attention on this moment and it becomes HUGE. It is a challenge for many people to be in this moment. How ironic because it's actually the only moment that exists. This one. and now this one. This is the moment you are reading the words on this page. Slow down your reading. Slower. One word at a time. Now slower yet. Notice your breathing as you read this. Notice the sounds in the room around you. This is the moment you are alive. Pause here. In this moment. Appreciate being alive.

It is so easy to skip over, and yet it is vital. Coaching a client's process starts with being in the NOW.