
You are only here now; you're
only alive in this moment.

-Jon Kabat-Zinn

- 05 NAME 5 THINGS YOU CAN SEE
- 04 NAME 4 THINGS YOU CAN FEEL
- 03 NAME 3 THINGS YOU CAN HEAR
- 02 NAME 2 THINGS YOU CAN SMELL
- 01 NAME 1 THING YOU CAN TASTE

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...the wisest thing you can do is be
present in the present. Gratefully.

-Maya Angelou-

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Learning to live in the present
moment is part of the path of joy.

-Sarah Ban Breathnach

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You have all you need, right now, right
here—now go make life beautiful.

-Tess Guinery

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