

Practice appreciating moments of your day.

By Paula Holland De Long

Do you find yourself wishing you had time to slow down? Wanting to smell the roses instead of watching them from your car as you head toward the next thing on your to-do list?

Why wait? This moment is all you really have at any given time; the past is gone and the future hasn't happened yet. We tend to forget to savor our life moments like the gifts that they are.

Sometimes it takes a life altering event like cancer, the birth of a child, or the loss of a loved one, to remind us slow down and appreciate where we are and what we have. But you can easily find a new appreciation for the day-to-day things that feed your spirit and make you happy. And in today's stressful world, becoming aware of these everyday gifts can help lift your spirits in no time. You can:

- Become conscious of your breathing. This will take you out of the past or future and back to the moment.
- Listen to your intuition and connect with the things you're drawn to without asking "why?"
- Scan the scenery around you and look for things that make you smile or that resonate with you. Stay with them for a few moments.
- Engage the people around you. Practice random acts of kindness. Share a smile or a joke with the person next to you in line. Take a few extra minutes playing with your child or pet. Hug someone for no reason.
- Close your eyes and remember a thrilling moment in your life. Imagine it's happening right now.

Notice how your own tension subsides as your mind quiets and you get into the present and out of the past and future. Being fully present in your life is your birthright. You can claim it if you choose to. Why wait?

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Life coach, cancer survivor, author and motivational speaker Paula Holland De Long is an authority on how the lessons of survivorship can bring joy, passion and purpose to anyone's life. Her support programs for survivors are currently offered through cancer treatment centers and support organizations and her women's teleconference action groups attract participants from around the country. To learn more about how to live your best life now call Paula at 954-565-6894, email paula@WhatsNextForMyLife.com or visit www.WhatsNextForMyLife.com.