

Practicing Presence

1. Why is practicing presence important to you?
2. What do you gain from practicing presence?
3. Why do you want or need to practice presence during this time in your life?
4. What do you learn from being present?
5. Are you ever afraid to be present?
6. What part(s) of you may be afraid of being in the present moment?

7. Are there any old stories or beliefs around being present that you feel are no longer true?

8. How do you want to weave in practicing presence this month?

9. What are you most looking forward to about practicing presence?

10. Anything else you want to share?