

April 2022

be here, NOW

Journal Exercise to Feel Presence:

When the present moment offers us challenge, all we ever want to do is run away from it. Know that this is completely normal but often in doing so we miss the blessing that life can offer us! Here are journal prompts to help you feel the miracle of the present moment.

If you have trouble with any of these prompts or are craving further guidance, please always feel free to reach out to me directly at parisa@parisaliving.com

1. What is this situation in my life offering me? Can I find the reason and reward in it?

2. I am pre-deciding to show up lovingly and presently for the following (e.g. challenging conversations, fun with loved ones, work etc.):

3. Write out how you visualize your challenging situation going, in such a way that feels favourable to you! Promise to show up presently for whatever the Universe has in store for you.