



# Land of NOW

## Guide to Being Present and in the NOW

1. Realize that you aren't in the *NOW* and that you are stuck in your *thoughts*.
2. Know that you don't need all of your *thoughts*.
3. Hear the thoughts you are having and let them become something *other* than you.
4. Let the *Future* worries go by realizing there is *nothing* you can do or, if you can, take *Steps* today.
5. Let the *Past* regrets move on by *forgiving* yourself and others.
6. Accept and embrace *What IS* and be *grateful* for what you actually have.
7. Keep returning back to this *moment* by taking a big deep breath in, and focusing on the *NOW*.



Watch out for the Yabbut!

From your friends in  
Land of NOW.

