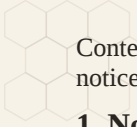

NOTICE WHAT'S ALREADY HERE

A Monday Morning Practice for Contentment



Contentment isn't about giving up ambition or never looking forward to what comes next. It's about being present enough to notice the life that is already happening.

1. Notice one person.

Who is part of your ordinary life that you don't want to take for granted?

2. Notice one ordinary thing.

What happens almost every day that you would miss if it stopped?

3. Notice something you once hoped for.

What is in your life right now that there was a time you wished for?

4. Slow something down.

What is one thing you normally rush through? Today, don't.

5. Stay five minutes longer.

Where could you linger instead of immediately moving on to what's next?

MONDAY MORNING

Before you reach for your phone, start making the list, or begin thinking about everything that needs to happen next, stop.

This week, I will pay attention to:

You don't need more today.

Notice what is already here.

Saturday Morning Leadership • Winnie the Pooh - Contentment
Companion worksheet for SaturdayMorningLeadership.com

