



# Land<sup>of</sup> 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.

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