

NOW Moment Practice Worksheet

- How to recognize when you've left it:
 - Future: _____
 - Past: _____
 - Stories: _____
 - Stories: _____

- Tools to stay present or get back to present:
 - M _____
 - T _____
 - N _____
 - B _____
 - A _____
 - J _____
 - Write down _____
 - Remember _____
 - Ask _____
 - When _____