

# When I find myself drifting away from the present, I can:

- Take a couple of deep breaths.
- Say something out loud to remind myself to come back to the present moment. A short phrase like: I am back or I'm in the flow.
- See where my emotions have taken me. Make some time to reflect and see if I have unresolved feelings to deal with.
- Focus on one thing at the time and try to avoid multitasking.
- Finish one thing before starting another one.
- Choose to live in the present and make choices based on the person I am now.
- Create affirmations that remind me that I am exactly where I need to be right now.

