

Living In The Moment Blog Posts Combined

Contents

[What Does it Mean to Live in the Moment? 3](#_Toc82501041)

[Examples of Enjoying the Moment in Life 5](#_Toc82501042)

[10 Ways to Enjoy Life & Live in the Moment 7](#_Toc82501043)

[6 Reasons It Is So Hard to Live in the Moment 10](#_Toc82501044)

[Tips to Fully Appreciate Life 12](#_Toc82501045)

# What Does it Mean to Live in the Moment?

If you want to be truly happy in life, learning to live in the moment is important. However, it can also be confusing trying to determine what it actually means.

So, what does it mean to live in the moment and why is it so important? Discover everything you need to know below…

**What is living in the moment?**

Living in the moment means not worrying about the past or the future. It is about enjoying your time fully in the present.

So many of us waste our time reliving things from our past. Whether it’s mistakes that we’ve made, or things that have hurt us – our brains seem hardwired to stay in the past. The trouble is, you can’t change the past, you can only learn from it.

Similarly, you could be spending a lot of your time focusing on the future. You might worry about things that could happen, or you may wish time away to get to a specific milestone.

If you tend to live more in the past or future, it’s going to prevent you from enjoying the present.

**The benefits of living in the moment**

Living in the moment delivers a lot of great benefits. These include:

* You’ll be happier
* You won’t find big projects as daunting
* You’ll appreciate the small things in life
* Identify and rectify potential problems quickly
* You’ll find it easier to break bad habits
* Your relationships will improve

These are just a small number of the benefits you can expect to enjoy when you start living in the moment.

Being present means you are able to better control your thoughts and actions. This in turn means you’ll be able to break bad habits and become happier overall. Any potential problems can also be identified quickly, and you’ll be in a better position to find solutions.

When you live in the moment, your relationships also improve. Often, we take our family, friends, and spouses for granted because we are too focused on technology or stuck living in the past. When you start to live in the moment, you connect more with those around you. You’ll appreciate the time you are spending with your loved ones.

So, now you know the benefits of living in the moment, the question is, are there any downsides?

**Is living in the moment always a good thing?**

While living in the moment can help to improve your wellbeing, it isn’t always a good thing.

If you live too much within the moment, you may start to slack off on your responsibilities. Ignoring your problems won’t make them go away. So, it’s important to find the right balance between living in the moment and still taking care of your responsibilities.

Living in the here and now isn’t about not caring about anything negative at all. It is about acknowledging your issues and dealing with them in a healthier way.

Teaching the mind to let go of the things you cannot change, and to work on the things you can, is important. It’s easy to take living in the moment too far so try and find a healthy balance between the two.

So, when you hear the term “living in the moment”, it refers to simply being fully present in the here and now. You aren’t distracted with negative or worrying thoughts. Instead, you notice everything around you and how it makes you feel.

Now that you know the benefits living in the moment provides, the question is how do you do it? It can be useful to look at examples of how living in the moment works.

# Examples of Enjoying the Moment in Life

Knowing what it means to live in the moment and knowing how to do it are two very different things. How can you start to enjoy the present more?

If you’re struggling to figure out how you can start living in the moment, below you’ll discover some great examples you can use for inspiration.

**Quit worrying about the things you can’t change**

A good example of living in the moment is not worrying about the things you can’t change. Do you spend a lot of time thinking back to past events with dread? Or maybe you keep worrying that something will happen in the future? Worrying about the things you can’t change will simply rob you of your joy.

By learning to control your thoughts, you’ll be able to quit worrying about things you can’t change and instead enjoy the moment.

**Noticing the beauty of nature**

Those who live in the moment tend to notice the beauty in nature. They appreciate everything from the color of the sky to the way the leaves sound as the wind blows.

The next time you are out in nature, pay attention to your senses. What can you see and smell? What is the texture of the leaves and the ground that you are walking on? Pay attention to every small detail and see just how remarkable nature truly is.

**Focusing on the present**

To live in the moment means to fully focus on the present. That is, switching off technology and being fully aware of your surroundings.

What is going on right now? At this very moment in time, what do you need to do? If you find yourself worrying about the past or future, pull your thoughts back to the present. This may take some practice but it’s totally doable.

**Stop clock-watching**

How often do you spend watching the clock wishing for time to go by? Whether it’s at work, or you’ve had a long day and you’re looking forward to bedtime, it’s easy to wish time away. However, by doing this frequently, it shows you aren’t fully appreciating the present.

Wishing time away is a waste of our energy. Each second provides an opportunity for us to be happy. When you are clock-watching, you are focused on the future and not what is going on right now.

So, the next time you find yourself wishing time would go that little bit faster, bring yourself back to the present. Look around you and take in your environment. Address why you are struggling to stay in the present. What could you change to make sure you enjoy the moment more?

**Move towards whatever is bothering you, not away from it**

Living in the moment isn’t about forgetting all your troubles. If you want to be happy in the present, you need to move towards what is bothering you, not away from it.

It is often through ignoring our troubles that they become bigger than what they actually are. Don’t be afraid to confront what is on your mind. By addressing the problem, and looking for solutions to it, you’ll regain control over the situation.

You are bigger than your problems, and you have the ability to deal with whatever life throws at you. Remember that the next time you find yourself worrying about your issues.

These are some common examples of enjoying life in the moment. Many people think it’s about totally letting go of all of your problems. Instead, it means learning to deal with them in a healthier way.

If you follow the examples above, you’ll be able to start enjoying the moment and really appreciating the things around you.

# 10 Ways to Enjoy Life & Live in the Moment

If you’re looking to start enjoying life and living in the moment, there are lots of things that can help. It may take a while to untrain a worrying mind, but with perseverance and dedication, it’s totally doable.

Here, we’ll look at 10 ways to enjoy life and live in the moment you can follow right now…

**1. Practice gratitude**

Practicing gratitude is one of the best ways to enjoy life and live in the moment. It has been shown through numerous studies to make you significantly happier after just 21 days. It’s one of the best tools you can use to develop a more positive mindset.

Practicing gratitude can be as simple as writing a list of 3-5 things you are grateful for each day.

**2. Practice Mindfulness**

Mindfulness is all about living in the present. So, if you want to embrace life and live in the moment, you’re going to want to practice the numerous mindfulness techniques available.

Mindfulness involves anything that brings you attention fully in the present such as meditation, yoga, and deep breathing.

**3. Switch off technology**

You’ll be amazed how much happier you feel if you switch off technology for at least an hour each day. It’s easy to get distracted by our smartphones and social media. As beneficial as it can be, constant use of technology can cause us to become unhappy.

**4. Make small changes**

When you’re trying to make any changes in your life, it is better to start small. This is the same with learning to live in the moment. You don’t have to significantly change your life. You just need to start out small, such as introducing mindfulness into your routine.

**5. Pay attention when carrying out daily tasks**

Have you ever noticed you carry out a lot of daily tasks on autopilot? The next time you do something routine such as brushing your teeth, pay attention to what you are doing. How does the toothpaste taste? Listen to the sound of the water as you run the tap too. When you pay attention to daily tasks, you start to realize the beauty in them.

**6. Change up your routine**

It could be your routine is holding you back from living in the moment. By switching it up, the mind has to focus more on what you are doing.

Daily routines become ingrained within our mind. That’s why we often do things on autopilot. When you start to do things differently, the mind is forced into the present.

**7. Start viewing waiting as a good thing**

Waiting for something, especially something you’re looking forward to, can be really frustrating. However, rather than viewing waiting as a negative experience, start to see it as a good thing.

The longer you wait for something, the more you’ll appreciate it and enjoy it. In the meantime, there are lots of ways you can be happy in the moment.

**8. Smile more**

The simple act of smiling can instantly transform your mood. Get into the habit of smiling more often. Think about things that make you happy and watch positive videos. When you smile, it makes you feel happy and content in life.

**9. Practice kindness**

Practicing kindness is one of the best ways to enjoy life and live in the moment. It shows you there are people struggling right now who could use your help. Volunteering for example, allows you to put your own problems into perspective and appreciate what you have.

**10. Redirect wandering thoughts**

Finally, one of the best ways to start to enjoy life more is to redirect wandering thoughts. This isn’t easy, but once you master it, you’ll have much better control over your emotions.

As soon as you find your thoughts wandering, bring them back to the present. Focus on the things around you and find something you can see, touch, and hear.

If you follow these 10 tips, you’ll soon start to enjoy life more and live in the moment.

# 6 Reasons It Is So Hard to Live in the Moment

Sometimes, no matter how good you know it is for you, living in the moment can be tough. In fact, many people struggle to live in the moment no matter how hard they try. The question is, why is it difficult?

Discover 6 reasons you might be finding it so hard to live in the moment below…

**1. The mind is a powerful thing**

One of the biggest reasons you struggle to stay in the present, is your mind. The brain appears to be hardwired to focus on the past. It often does this to protect itself, trying to stop the same thing happening again.

The trouble is, when you let the mind do its own thing, you’re going to end up stressed out, anxious, and depressed. It is possible to retrain the mind to become more positive. However, it will take time and dedication.

**2. You try and multitask**

These days, it seems impossible to get through life without multi-tasking. When you are trying to take care of the kids, run a home, stay on top of your career, and stay healthy; multi-tasking becomes a necessity.

Unfortunately, when you are multi-tasking, you aren’t being fully present. You won’t be fully aware of anything you are doing.

While multi-tasking should absolutely be used in some circumstances, it shouldn’t be your default setting. Even if some things take a little longer, commit to putting all of your energy into completing them before moving to something else.

**3. You suffer with anxiety**

Anxiety can make it really difficult to live in the moment. It causes the mind and body to go into “fight or flight” mode. If you suffer with severe anxiety, you may need therapy or medication to help manage to condition. However, if it is mild there are things you can do to manage it yourself.

Getting anxiety under control will help you to live a happier, more present life. You won’t be worried about what could happen. Instead, you’ll appreciate the things around you right now.

**4. Fear of uncertainty**

Fear is another common barrier to living in the moment. When you are scared of the unknown, it’s easy to take the safe route. Unfortunately, that often means staying stuck in situations that you aren’t happy in.

When you let go of fear of uncertainty, you’ll start to live life to the full and see the opportunities it presents.

**5. You can’t control your emotions**

Like the mind, our emotions can also be a powerful thing. If you experience any overwhelming emotion, it can make it difficult to enjoy the present.

Learning how to control your emotions is one of the toughest, but most effective ways to live more in the moment. Once you learn how to manage them, they will never be able to control you again. So, look at ways to control your emotions and start practicing them today!

**6. You are focusing too much on the end result**

When we are trying to improve our lives, we often get told to focus on our goals.

Goal setting is important, and it can help us to achieve the things we want. However, if you are too focused on the end result, you’re going to miss out on the here and now.

Practicing gratitude each day can help you to appreciate the present while also looking to the future. Consider starting a gratitude journal and see why so many people recommend it.

So, there you have it – 6 reasons it is so hard to live in the moment. The good news is, while it may be difficult, it is possible. You’ll find plenty of tips readily available to help you start living in the moment today.

# Tips to Fully Appreciate Life

Ready to start living in the moment and fully appreciate life? It’s not always easy to adjust the mindset to live in the present moment. The longer you have been anchored to the past, the harder it will be change.

To help, below you’ll discover some great tips to help you fully appreciate life right now…

**Try out guided meditation**

Meditation is one of the best ways to bring yourself into the present moment. It eases the mind, reduces the symptoms of mental health issues, and helps you to fully appreciate the here and now. However, despite its awesome benefits, meditation doesn’t come easily to everyone.

If you want to use the practice to help you fully appreciate life, it’s worth starting with guided meditations. You can find these online for free using video sites such as YouTube. Start out with 5 minutes guided meditations and work your way up to longer periods.

**Refresh your mind (close your eyes, give the mind a rest)**

Life can get really hectic, there’s no getting away from that. The stress of everyday living can take its toll on your mind. To reduce stress and start enjoying life more, it helps to give your mind a regular refresh.

Simply close your eyes, breathe deeply, and let your worries go. Zone out so you’re not really thinking of anything. This can take a while to master, but once you do, you’ll notice you feel much more relaxed when you open your eyes. Do this for a few minutes throughout the day to give the mind a much-needed rest.

**Experiment with aromas**

One thing that can really bring you into the present is your sense of smell. Different scents have an instant impact on the mind, helping to better control how we feel.

Experiment with different aromas and see how they make you feel. Use essential oils such as lavender, citrus, and eucalyptus. Research the benefits of each scent and then utilize them whenever you need a boost.

**Learn to forgive**

Forgiving those who have hurt us isn’t easy. However, if you want to fully appreciate life, it’s crucial. Holding onto anger and resentment isn’t going to help you. In fact, it’s going to greatly reduce your quality of life.

Forgiving that person who did you wrong isn’t about letting them get away with it. It is about you moving forward and being happy in your life.

Remember, forgiveness doesn’t mean you have to forget. It just means you won’t let it control anymore of your life.

**Travel**

Traveling is great for the soul. Not only do you get to see lots of beautiful, exciting places; it also helps you to grow and learn new things.

When was the last time you went on an adventure? Traveling can make you feel alive and appreciate the things around you. It helps us to realize that it is a huge world out there. Your problems might not seem so big by the time you get back home.

Of course, it also gives the mind a chance to recharge. You don’t have any worries when you’re on vacation. If you constantly live your life with chronic stress, it’s going to make it impossible to appreciate the here and now. So, if you haven’t travelled in a while, book a trip today. It doesn’t need to be somewhere far away, even staying somewhere different within the same city can do wonders for your mental health.

These are just some of the great tips you can follow to fully appreciate life. Don’t forget the power of a gratitude list too. Writing down the things you are grateful for each day can help you to see just how wonderful life can be.