**5 Easy Steps to Focus on the Present Moment**

There are a lot of barriers to living in the moment. If you’re struggling, follow these 5 easy steps to focus on the present moment:

**Step 1: Focus on what you can see**

Start by focusing on everything you can currently see. Scan your eyes slowly across the room. Stop at each object and take in every detail.

**Step 2: Take 5 deep, slow breaths**

Close your eyes and take a deep, slow breath. Breathe in through the nose for 5 seconds, and out through the mouth for five seconds. Repeat this four more times.

**Step 3: Smile!**

It takes more effort to frown than it does to smile! Bring yourself into the present by smiling. Think of something that makes you happy if you are struggling. Close your eyes to really focus on what it is you are grateful for.

**Step 4: Sit in a quiet spot to reflect**

Reflecting on your day is a great way to live in the present. It also gives you the opportunity to see what you can do better tomorrow.

**Step 5: Focus on your body**

Bring your attention to your body. Start with your toes and work your way upwards. How does each part of the body feel? Observe what it is telling you and then let go of any tension within the muscles.