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.