**20 Ways to Practice Living in the Moment**

Need a little inspiration to start living in the moment? Here’s 20 ways you can practice enjoying and being in the present…

1. Planning is a key part of living in the moment. It calms the mind, enabling you to focus more on the here and now.

2. Take a look around you. What do you see? Focus on each object in detail.

3. Wake up a little earlier and meditate before starting your day.

4. Take part in short meditation sessions. You don’t need to do it for hours to enjoy its benefits.

5. Go on a mindful walk. Notice everything around you from the sights to the smells you experience.

6. Take five mindful breaths. Breathe in slowly through the nose, and out through the mouth.

7. When you cook your dinner, pay attention to each ingredient. Focus on the smells that develop as you cook the dish.

8. When carrying out your daily routine, pay attention to when your thoughts start to wander. Bring your attention back to the present.

9. Celebrate any little win you have.

10. Schedule mindfulness into your day. It’s typically better to do it first thing in the morning.

11. Stop and listen to your body. What does it need right now?

12. Don’t be afraid to lose track of time. Go with the flow and see where it takes you.

13. Each day, carry out a mindful review. What mindfulness activities did you struggle with and how can you do better next time?

14. Make sure you are as comfortable as possible when practicing mindfulness.

15. Repeat a living in the moment affirmation to yourself when needed.

16. Focus your attention on what you can hear.

17. Focus your attention on what you can see.

18. Focus your attention on what you can smell.

19. Pay attention to how your body feels right now.

20. Distance yourself from negative people who drain your energy