There's no switch you can flip to instantly be more present. Instead, being more present and mindful is a matter of improving a little every day. While imperceptible in the moment, this has enormous impact over time.

Becoming 1% more present each day

Small improvements over time, while imperceptible in the moment, have enormous impact over time.

Habit stack your way to change

Habit stacking makes it easier to build new habits by tying them into habits you already have. For example:

- When I wash my hands
- And take four deep breaths
- After I brush my teeth in the morning
- And meditate for 15 minutes