

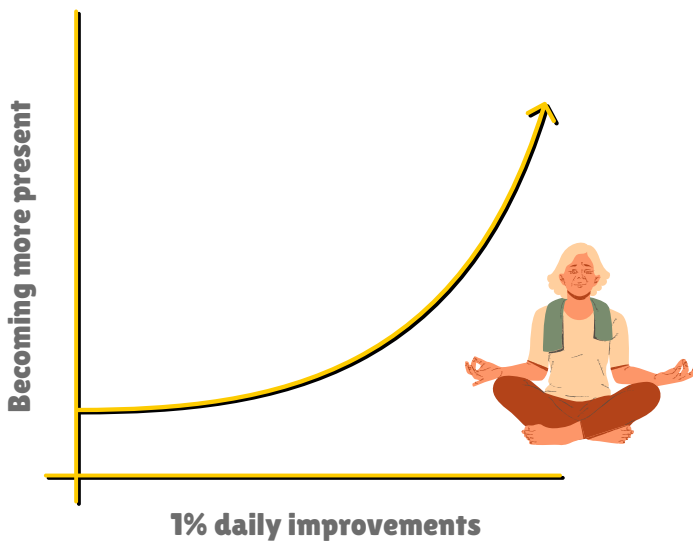
How to Be More Present

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**