

In This Moment

In learning to thrive, falling in love with the journey is of paramount importance. There are many circumstances that life can throw our way that might prevent you from feeling like you are thriving and yet finding a way to enjoy the journey in spite of the circumstances will go a long way to creating a feeling of happiness in your life.



Here is a mantra I use to help me get past the rough patches when I am not enjoying the journey. I will use generic health issues in this example, however, this can really be applied to anything:

In this moment, like every moment, I am both living and I am dying, which will I choose for today?

Or for money it would read:

In this moment, like every moment, I am both wealthy and I am poor, which will I choose for today?

By the time I have repeated the mantra 3 or 4 times, I have sent a loud and clear message to my body/mind/spirit that I am choosing life or wealth or whatever the mantra was about.

The only thing is that I need to be able to believe that both of the choices I am offering myself are real; which is pretty easy to do if you just consider this for a moment. No matter what pair you use, they both have to be true at the same time and it is only your perspective that changes going from one to the other.

In other words, in some circles the poorest among us would seem wildly wealthy. Take many parts of Africa or India for example. In other circles, with all things being equal, that same person would appear to be living in extreme poverty.

In the case of wellbeing and health issues, no matter how sick someone is, if they are still alive, they are also still somewhat well.

You can not be 100% dying or ill until you are actually dead. If you are only 99% dead, then you are still 1% alive or well. I know that is a bit extreme but it is important to get this part.

What we focus on expands so even if you only have 5% of life and health left in you, if you focus on that and believe it is possible, soon you will be at 6% and then 7%.

These things are true of anything you are facing and learning to enjoy the journey takes little more than making more choices - ***In this moment!***

Happy Trails
Kat
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P.S. If finding more in the moment is something you could use a little assistance with, try a short term coaching package with Kat. Email her for your free consultation.