

Living in the Now – Lesson 1

Why Living in the Now Helps You Live a Better, More Successful Life

Everyone wants a better, more successful life. The key to having that is found in living in the now. You'll hear people talk about living in the now but it can be something that's difficult to define...

What Does It Mean to Live in the Now?

Living in the now means you maintain your focus on the present moment. It means that you don't look to the past. Dwelling on the past is one of the reasons that so many people find themselves unhappy. You might be feeling like you wasted years of your life being in a certain relationship.

You might struggle with feelings of inferiority when looking at the past because you think of the life that you should have led. You might worry that the life you've had wasn't productive enough. Maybe all you can see are missed opportunities. This leads to a struggle with regret.

Sometimes, this discontent leads to a struggle with shame. All that looking backward at the past does is to make you feel regret, nostalgia, or wish that you could rewind time to go back. You might think that if only you could go back in time, you could change things and have a better life.

"If only" thinking leads to deep dissatisfaction with the life

that you have now. It can lead to feelings of grief and that can turn into depression. Looking toward the past is detrimental to living in the now. It can steal your present happiness. Accept the past for what it is. It made you who you are and gave you the strength and wisdom you now have. Appreciate it, but don't let it be your focus.

If you're looking to the future, that's not living in the now either. When you live with what could be or focus on the future, you can get stuck in judgement. This can lead to not accepting yourself in the now or the life that you've built, which causes deep unhappiness.

It's okay to look forward to the future and to plan for it, but not to the extent that it prevents you from being present in the moment. Living in the now is something that you want to strive for. It can be useful during times of stress or crisis when you keep your focus on the present. You won't find yourself worrying about what has happened or what could happen.

You'll be able to develop an attitude of handling a problem as it arises rather than living in a state of bracing for something to happen.

Not only can living in the now help you in times of stress and crisis but also just in managing day-to-day life. You'll be able to take imperfections for what they are rather than allowing them to blossom into big deals. You'll be able to appreciate the little things. You'll stop measuring yourself and focus on self-love.