

I feel contentment and joy in the present moment

I experience contentment and joy in the present moment.

By keeping my mind in the present, I maximize my opportunities to feel content and joyful. These states of being can only be experienced in the present moment.

Contentment is a superpower for my global leadership. Contentment helps me gain confidence in my abilities to manifest my desires and purpose.

As I evolve, my desires become more powerful and more aligned to my true self. As a result, I become even more content and joyful. I align with my contentment and joy by engaging fully in the moment.

When my mind drifts to the past or the future, negative emotions are more likely to occur.

The past holds regret. When thinking of the past, it is easy to remember the negative things that have happened in my life. I have many good memories, but like anyone else, there are some negative memories, too. The past is over, and I easily let it go.

The future is where fear resides. It is impossible to know what the future may bring, so worrying is a common result. We tend to imagine negative outcomes. I avoid thinking about the future by focusing on the present.

I am committed to living in the present.

Everything that happens in my life happens right now. The present moment is all I can control. I create contentment with what I choose to think and do in this moment.

Today, I keep my attention on today. I let go of the need to think about the past or future. I am content and joyful.

Self-Reflection Questions: Record your answers in the space provided.

1. What is my greatest regret? What do I gain by thinking about it? What does thinking about it cost me?
2. What is my greatest fear for the future? What do I gain by thinking about it? What does thinking about it cost me?
3. As a Global Leader, what can I do to keep my mind focused on what is happening around me, right now?

