

“My calendar was full but my heart wasn't. I was engaged but disengaged.”

-Rob Bell

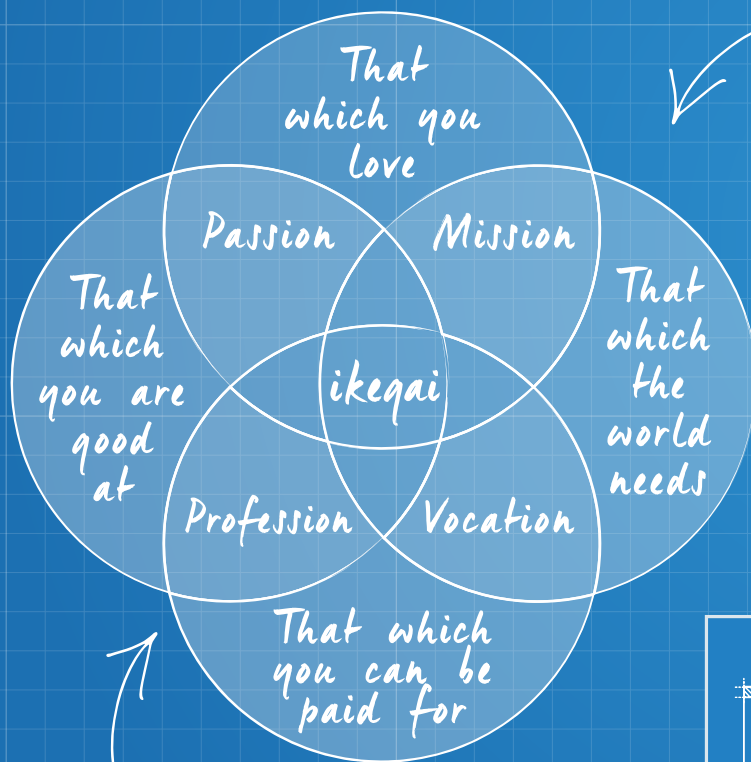
Health Benefits of Being Present:

Improved Creativity

Less Stress

Lower Blood Pressure

Openness



3 "Spiritual" Diseases that stop you from being present:

1. Boredom
2. Cynicism
3. Despair

3 Ways to slip into the Present Moment:

- Focus on breath
- Focus on what's in front of you
- Pick up vibe from other "present people"

ikegai =
"Reason for Being"



THE BLUEPRINT
FOR BALANCE

Your Life From Burnout To Back On Track