

# What are Living Minutes?

Living Minutes Academy

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[LivingMinutes.com](http://LivingMinutes.com)

LM!



# The Living Minutes

**Stop throwing away your precious time** – use each lost minute to bring meaning and purpose to your life!

- ▶ Each of these tiny moments can be filled with a short, meaningful activity that I call a Living Minute, or just Minute (capital “M”) for short.
- ▶ These are either activities to reclaim lost minutes or they are ways you can add an extra minute or two to a daily routine to enhance it with Living Minutes.
- ▶ These Living Minutes add up over days, weeks, and months to bring you one step closer to creating the life that you want to live!
- ▶ Living Minutes also serve the purpose of grounding you in the present moment, a crucial aspect of mindful living.

*Living Minutes are short activities that you use to reclaim lost time in order to better yourself and to live mindfully.*

# How can a minute here and there make any impact on my life?


Little things add up...

- ▶ Drops in a bucket

The underlying philosophy of the Living Minutes is mindful, conscientious living

- ▶ Stop living life passively and start living it actively
- ▶ The Living Minutes will help guide you through this process





If I take time for me, then I have to sacrifice something else, right?

**Wrong!**

- ▶ You aren't adding obligations, you're turning lost time into purposeful time
- ▶ The only sacrifice is if you continue to let this time go to waste
- ▶ It's your life and you need to own it...

**Wrong!**

- ▶ The Living Minutes appear superficially to be about learning how to do things one Minute at a time, and it is to a certain extent...
- ▶ But it's actually meant to show you how to transform this WASTED time into Living Minutes. These minutes are already lost, so nothing is sacrificed.



# Stop avoiding and start doing!

The Living Minutes philosophy is based on **re-capturing lost moments and giving them meaning**

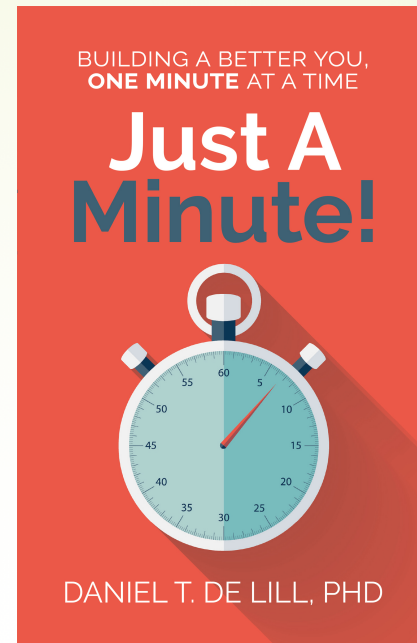
- ▶ But, it's more than that... You can adapt this philosophy to nearly any aspect of your life.

Sometimes it helps to **break it down...**

- ▶ We often have things we want or need to do, but we just can't find the motivation to get started – too many tasks; too overwhelming.
- ▶ Tackle the project one Minute at a time instead

Sometimes you just need to **get started on something...**

- ▶ When you start a Minute, you may be surprised to find that after your Minute is over, you just want to keep working
  - ▶ If you have the time, then let yourself keep working!



## A Minute for your...



### Mind

Je pense donc je suis



### Body

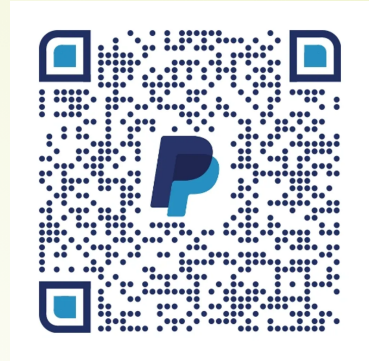
The vessels of our souls in  
this plane of existence



### Living Self

Nurture both  
your life & your soul

# Help me help others



- ▶ Please consider pausing the video and making a donation
- ▶ I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- ▶ I have spent thousands of hours studying mindfulness and preparing all of this content
- ▶ I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, and advertise these services
  - ▶ Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- ▶ To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!



# Your Mission

➤ *All good captain's keep an officer's log.*

- Find a means to record your Officer's Log. It can be a journal, a cloud file, or even a voice recording. Every time you're given a Mission, you'll want to record your results in your Officer's Log.