



# Living the Minutes

Living Minutes Academy

Life Captain Dan de Lill, PhD

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

LM!



# The Living Minutes Lifestyle

- The Living Minutes Lifestyle is an approach to life in which you reclaim lost minutes and turn them into Living Minutes.
  - Start small and work your way up
    - We've already been doing this in this program
    - Eventually, you'll aim to spend at least 20 minutes throughout the day doing your Living Minutes
- Mastering the Living Minutes Lifestyle is the first step in the Living Minutes Program – a path to mindful living, one Minute at a time.
- Don't keep this great Lifestyle to yourself! Encourage your friends and family to grab a copy of Just a Minute! and adopt this lifestyle with you.
- We've already gone through the process, but let's summarize the process on the next slides.



## The Living Minutes Lifestyle



**Turn lost minutes into Living Minutes and start living your best life possible now!**

### *note wasted time.*

Over the course of a few days to a couple of weeks, take note of wasted time. From sitting at traffic lights to waiting in line, we lose countless moments each day. Use Living Minutes to transform that time into something meaningful.

### *Discover your Living Minutes*

There are thousands of different ways to turn wasted moments into mindful living. Start making your own, or grab my book *Just a Minute!* for some great examples.

### *Live the minutes*

Incorporate as many Living Minutes into those wasted moments as often as you can, but start with just 5-10 activities and build your way up from there.



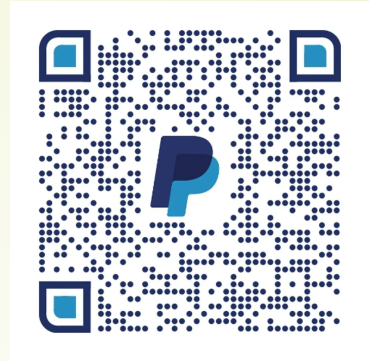
# Track your Minutes

Minutes Tracker	Date:
<input type="radio"/> 1. _____	
<input type="radio"/> 2. _____	
<input type="radio"/> 3. _____	
<input type="radio"/> 4. _____	
<input type="radio"/> 5. _____	
<input type="radio"/> 6. _____	
<input type="radio"/> 7. _____	
<input type="radio"/> 8. _____	
<input type="radio"/> 9. _____	
<input type="radio"/> 10. _____	
<input type="radio"/> 11. _____	
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<input type="radio"/> 15. _____	
<input type="radio"/> 16. _____	
<input type="radio"/> 17. _____	
<input type="radio"/> 18. _____	
<input type="radio"/> 19. _____	
<input type="radio"/> 20. _____	
Just a Minute! Daniel T. de Lill, PhD LivingMinutes.com	

- ▶ Make a list of the Minutes you plan to do that day
- ▶ Check off each one when they are finished
  - ▶ The list helps keep you accountable
  - ▶ Checking them off helps keep you feeling accomplished
- ▶ Eventually, the Living Minutes will become second nature and this list will no longer be needed
  - ▶ But, for now, use it each day for at least a month



# 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, publish books/guidebooks, 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



## *Live the Living Minutes!*

-  You now have at least 15 Living Minutes that you can incorporate into your daily life. Begin doing so. From here on out, you should spend at least 20 minutes throughout the day doing your selected Living Minutes. Remember, you can repeat a Minute more than once in a day, and you can add different Minutes to your routine whenever you'd like.