



# **THE DAY AFTER PRISON**

## REENTRY SERVICES

Courses & Learning

# LIVING ONE DAY AT A TIME



## Embracing The Present for a Better Life

Living one day at a time can be a wonderful approach to life. It can allow us to stay focused on the present moment and discover the potential and opportunities it holds.

Here are a few suggestions to help you live one day at a time and start seeing small, yet significant, improvements in your life.

## 1. Practice mindfulness:

Be fully present in each moment, paying close attention to your thoughts, emotions, sensations, and surroundings. For example, if you're washing dishes, notice the way the water feels hitting your hands, is the water warm, hot or cold? Does it feel hard or soft? Think of the way the soap feels on your hands as you notice the plate becoming cleaner. Feel your heartbeat, is it fast or is it slow? Also, does the plate get shinier as you wash or are the colors more clear or vibrant?

By practicing this level of mindfulness a few times throughout your day with different activities, you may start to notice beauty in life you did not notice before, and it can make for a better day.





## 2. Take care of yourself first:

This can sound selfish but think of the speech you hear from a flight attendant prior to takeoff in an airplane. You're told to place your oxygen mask on first in the event of an emergency, then help your child or buddy put on their oxygen mask. The idea is that you will be your best for others only if you take care of yourself first.

In daily life, activities that de-stress and set you up for success can include practices like meditation, exercise, reading, spending time in nature, or engaging in hobbies that put you in a flow of creativity.

### 3. Set clear intentions:

Start your day by identifying what you hope to accomplish or experience that day. Writing it down on a piece of paper would be best, but a mental note can work too.

Setting just a few goals or intentions at the beginning of your day can help you stay grounded and focused throughout your day.







#### 4. Break tasks into smaller steps:

Breaking down larger tasks or goals into smaller, manageable steps or stages can help prevent feelings of being overwhelmed and allow you to focus on taking one step at a time.

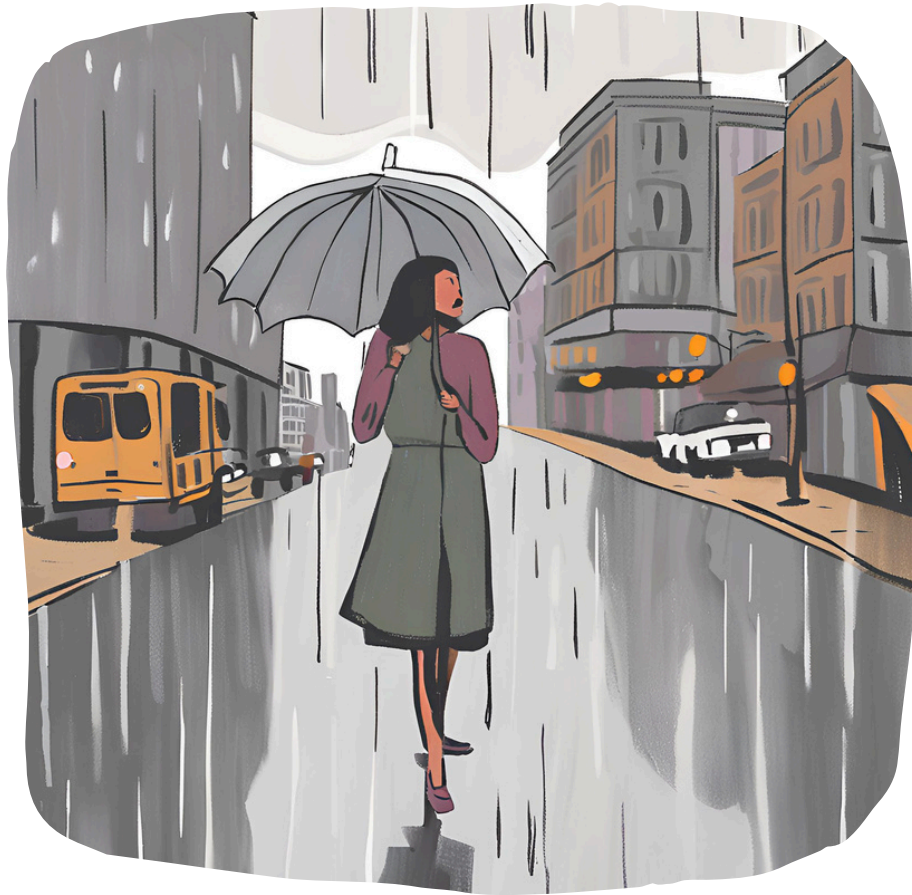
"A journey of a thousand miles begins with a single step". Tao Te Ching, Chapter 64

## 5. Practice gratitude:

Cultivate a habit of gratitude by reflecting on and appreciating the good things in your life. This can help shift your focus to the positive aspects of each day.

Maintaining gratitude throughout the day takes work; it's not for the weak hearted. But practicing gratitude can make you more productive, reduce stress, and help you enjoy a more positive day.





## 6. Embrace flexibility:

While setting goals is essential, it's important to remain flexible and adaptable to unexpected changes. This allows you to adjust your plans as needed and go with the flow of life's uncertainties.

Remember, living one day at a time is about being fully present and making the most out of each moment and out of each day.

By incorporating these suggestions into your routine, you can cultivate a more mindful and fulfilling way of life.



### Resources:

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