



💡 **How are your moments?**

Below are some truths about the gift we have right now – the moment!

Consider how much time we use up working towards our goals and outcomes!

Most of us spend more time in the future trying to get things done that we forget about the present or worse yet, we are absent.

Ask yourself: How many people live in the future and lose the amazing opportunity of NOW?

Please do not misunderstand ... It is great to have goals, have a vision, and stick to the purpose plan for your life. Yet, in the process of trying to accomplish, get there, achieve, and succeed, many lose the incredible opportunity of the present.

The moment – the now – the process!

Please take a moment, enjoy the now, embrace the gift of the present and how your outcomes relate to the moments in your life!

How are you living your moments?

Each Moment

In life
The very moment
Is what we have
No less and no more

Let's enjoy
The present
Embracing life
To its fullest

We only have
One life to live



Let us engage
With fullness of being

There can be
No settling for second
But to give
Our best

In all efforts
Full love embraces
With zeal and enthusiasm
Complete charisma

Even in turbulent times
Where pain and sorrow can exist
There can be amazing
Contentment

Pressing forth
Life is not for the faint hearted
True and merciful openness
To give all

There is no room
For living in the past
If one wants
To live a full life

Forgiveness is a must
Living love that covers all
Mercy and grace must be
A part of your centerpiece

We can be so busy
About the business of life
That we can forget
To take in the now



Stop what you are doing
Smell, taste, feel, see, and experience
All that is around you
It is more than a routine

Our future can change
As we accept the moment
Letting this be
Our foundation

Accepting where we are
Yet not allowing less than our best
We choose to embrace
A life less traveled

The sad part
Many accept mediocrity
Allowing themselves to believe
They cannot live to their purpose

Do not let this happen
Determine in your heart's desire
Grasp hold of your life
Take the helm and go forth

In this moment now
Determine your best effort
No matter any circumstance
Allow hope to bring faith that opens doors

Now
Move forward
This very moment
Your decided action

KEY: If you apply your plan, with the process, living fully each moment, you will accomplish more, become more content, know more about who you are, and affect a lot more people for the good in all that you do!



Please, stop!

Enjoy the now and from this, you can accomplish your future!

© ATS, Above the Standard ©Theodore Landgraf