

# Developing Presence Exercise

## Step 1.

When we drift away from presence it can have various impacts on our life. What is the cost of distraction in your life?

## Step 2.

Complete the handout "The Drift-Shift Model PDF". From that handout, what are the top 3 things that cause you to drift away from presence?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## Step 3.

Are you willing to eliminate or reduce one or more of your top 3 drifts?

If yes, make a plan to minimize or eliminate one or more of these top 3 distractions in the next month.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_



## Step 4.

What are the top things that help you shift back to presence when you are feeling distracted, frustrated, off center?

For example,

- ▶ *Gratitude, consciously thinking of one thing I am most grateful for*
- ▶ *Get curious "Hmmm...I wonder why..."*
- ▶ *Breathing deeply and focusing on my breath*
- ▶ *Speaking with a close friend*
- ▶ *Going for a walk alone in nature*

## Step 5.

Moving forward, begin to ask yourself these questions:

- Where am I right now - above/below the line?
- Am I willing to shift?
  - Can I accept the circumstances and change my perspective?
  - Am I willing to stop blaming and criticizing?
  - Am I willing to let go of being right?
  - Am I willing to get more interested in learning than defending my ego?
  - We may be unwilling, need to be honest
- How will I shift?
  - Draw on the ideas you generated in Step 4 or experiment with other ideas.
  - See the Ten Centering Practices guide for more ideas.

