



Mindfulness

Living in the moment – *being present!*

This is an exercise you can do at any time. Let's **engage with the now - now**.

Set your phone timer for 30 or 60 seconds. Take your time to:

- Be aware of what are you feeling **physically**. Are you sitting on your chair, if so does it feel comfortable or not? Do a body check – your neck, back, legs, etc. How do these body parts feel? How is your breathing?
- Pay attention to your thoughts – what are they?
- Check out your senses – what can you see and what sounds and smells are you aware of?
- Consider what emotions are prevalent while you are '*living in the moment*'.

After your set period you may want to record your impressions of being totally present in those moments.

Consider these times as giving yourself a mini-break or 'breathing space' from worrying about the future or feeling guilty about the past.

Once you are in the habit of taking these '*living in the moment*' breaks, you may want to increase the time you do this. You could expand to five minutes, perhaps with your favourite hot drink. That way you can easily embed this twice a day as a habit with your morning and afternoon drink.

Another way to being present is to focus on your breathing as you cannot breathe in the future or the past. There are many breathing apps which will time your breath to allow you to concentrate on the present moment.



Blogs that you will find helpful are:

- [You Can't Read the Label from Inside the Jar](#) This blog guides you on the key points when choosing a coach.
- [You Can't Read the Label from Inside the Jar – Part 2](#). This one provides examples of how lawyers use coaches.
- [An Introduction to Mindfulness for Lawyers, Part 1](#) This introduced the first core concept of 'being present' and my clients found that it helped them to spot when they moved from evaluating the future to being obsessed with the 'what ifs' and the impact of that on their performance.
- [An Introduction to Mindfulness for Lawyers, Part 2](#) This second blog provides insights to the concept of acknowledgement and acceptance. This puts you in a more resilient and effective Mindset.
- [An Introduction to Mindfulness for Lawyers, Part 3](#) the final blog provides insights into how detachment can assist you in uncertain times.
- [How to Build Your Resilience as a Lawyer](#)
- [Are You a Carrot, an Egg or a Coffee Bean](#)
- [You've Been Made Redundant - So What Now?](#)
- [Manage Your Mood with this One Simple Technique](#)
- Another useful habit to counter the inner critic is [The Gratitude Habit](#)

About Ann

Ann is a non-practising solicitor with over 28 years' experience in the business world. Since 2003 she has trained nearly 7000 lawyers in leadership, management, business and interpersonal skills. She is the founder of [Yorkshire Courses for Lawyers](#)

Ann has trained with the Coaching Academy and holds a H.N.L.P. certificate in coaching. She is NLP Master Practitioner, as well as a member of the Professional Speaking Association and Professional Speakers Academy.

If you want a coach/mentor and trainer who knows the legal industry inside-out, then [Contact me to discuss your requirements.](#)