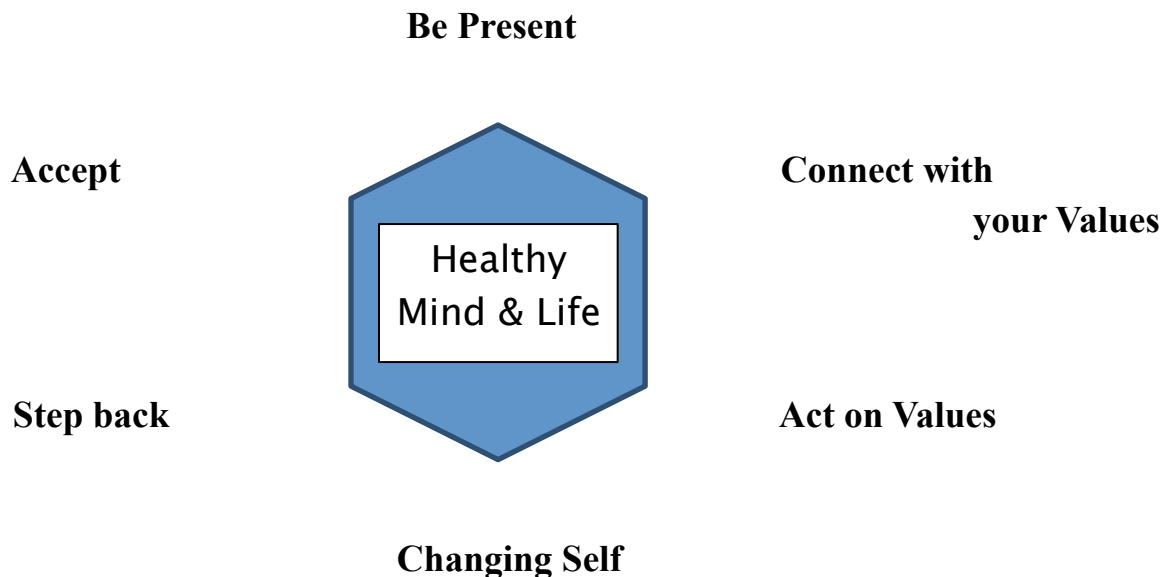


TIME LINE

Distant Past **Recent Past** **Present Moment** **Close Future** **Distant Future**

Question: What percentage of time were your thoughts simply in the “Present Moment?”

Question: Which place on the timeline did you notice you tend to “visit” when you were not simply in the present moment?



Exercise: