



“With the past, I have nothing to do; nor with the future. I live now.”
– Ralph Waldo Emerson

**WatchGlass
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By isolating a single aspect of a broader situation and focusing on it, great progress can be made...

Savoring One Moment at a Time

by Rosanne Scriffignano, Ph.D.

In early June, one of my friends remarked: “It’s June already and summer is almost over!” At first, I thought she was joking but then realized that she was dead serious. Summer hadn’t started yet and she was anticipating its end. Focused on the future, she could not enjoy the present moment.

If you tend to think about the past or present, you can learn to re-direct your focus. Consider the following ideas to get you started:

- **Do you worry about the past?**—If you have regrets or worries about the past, acknowledge those thoughts and then contemplate ways to learn from your prior experiences. Determine how your past can help you to make better decisions today.
- **Do you fret about the future?**—If you tend to focus on what could go wrong in the future, figure out what actions could alleviate those fears. For example, if you’re worrying about losing your job, take action today by updating your resumé or joining a networking group.
- **Do you suffer from the “should have/could have” syndrome?**—If you believe that you should have done something yesterday, figure out how to do it today. For example, if you should have exercised yesterday, decide how to arrange your schedule today so that you have time to exercise.
- **Are you afraid to make decisions?**—Instead of worrying that you might make the wrong decision, have the courage to be decisive and then take action. If necessary, you can change course later. *Remember:* As long as you’re alive, you can make new decisions as needed.

When living in the moment isn’t a priority, we can become restless and unhappy. Focusing on the past or worrying about the future leaves little room for what’s important today.

Ralph Waldo Emerson understood the importance of living in the moment. He shared: “With the past, I have nothing to do; nor with the future. I live now.” Just imagine what you could do if you live your life — savoring one moment at a time.

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