

The Gift of Presence

Exercises for returning to this moment, again and again, with curiosity and care

Presence isn't a destination you arrive at once and stay. It's a practice of returning — noticing you've drifted, and coming back. Each return is the practice itself.

I don't have to be anywhere else.

Exercise 1

Still Points for Presence

Short, intentional check-ins designed to help you return to the here and now — not once, but throughout the ordinary moments of your day.

PROACTIVE STILL POINTS

Choose a regular everyday cue (the When) and pair it with one of these Then practices:

- Pause and name three things I can see, hear, and feel.
- Take a slow breath and say: "This is the moment I'm in."
- Ask: "What am I noticing right now?"
- Bring awareness to my body — my posture, my breath, my feet on the ground.
- Remind myself: I don't have to be anywhere else.

My Proactive Still Point #1:

When:

Then I will:

My Proactive Still Point #2:

When:

Then I will:

RESPONSIVE STILL POINTS

Use a specific feeling as your trigger:

- When I feel scattered → take one slow breath and focus on one sensory detail.

- When I feel rushed → whisper: "I can go fast without rushing."
- When I feel disconnected → bring full attention to what is right in front of me.
- When I feel like I'm missing life → pause and say: "Come back, just for now."

My Responsive Still Point #1:

When I feel:

Then I will:

My Responsive Still Point #2:

When I feel:

Then I will:

Exercise 2

The Mindful Shower Practice

The shower is a perfect mindfulness laboratory — you're already surrounded by sensory experience every day. This practice doesn't require any extra time. You're already there.

1. Start at your head or your feet.
2. Feel every sensation as the water hits various parts of your body.
3. Notice: Is the pressure stronger or softer in some places? How does the temperature feel? What sounds do you hear?
4. When your mind wanders — and it will — bring your attention back to the next area of your body.

After practicing for a few days, reflect:

- What sensations surprised me or that I hadn't noticed before?

- Did the practice carry over into more body awareness at other times of day?

Exercise 3

The Sound of Now: Finding Your Sticky Anchor

Instead of focusing on the breath, this practice uses sound as an anchor — something that is constantly changing, always available, and doesn't require effort to notice.

HOW TO PRACTICE

1. Find a place to sit comfortably. Don't worry about making it perfectly quiet — that's missing the point.
2. Close your eyes if that feels comfortable. If not, soften your gaze.
3. Begin to notice sounds. All of them — obvious ones, subtle ones, far away and nearby. Let all sounds be neutral.
4. When your mind wanders, gently bring your attention back to any sound you can hear in that moment.

Start with just five minutes. That's it.

7-DAY SOUND MEDITATION LOG

Use this tracker to build the practice across a week.

Day	Minutes	What I noticed / how it felt
1		
2		
3		
4		
5		
6		
7		
Reflection		

Reflection Question:

After practicing sound meditation for a week, what shifts do you notice in how you relate to distractions in other areas of your life?

For worksheets and additional exercises, visit oneyoufeed.net/resources