

Simply OA™

Thoughts and Insights from Ordinarily Amazing®

"Where are you? *Here*. What time is it? *Now*. What are you? *This moment*."

From the motion picture, *Peaceful Warrior*

She is one of the **nicest people I know**, yet she is exhausting to be around. Consumed with worry and anticipation of the next moment, I realized I had never seen her truly enjoy the present moment. She literally has an **inability to live in the moment**.

It is sad. She is such a good person and truly thankful for her family and friends, yet she can't allow herself the pure enjoyment of the current moment. **Unconsciously, she was negatively impacting all those around her**. You could feel her anxiousness, it prevented others from enjoying the moment.

OA Thought: Live in this moment. Right here. Right now. It is the one gift we are guaranteed. **Don't be the "she" in this story**. Enjoy this Holiday and all that comes with it. Drop some things off your to do list. Delegate. Ask for help. **But don't let another Holiday pass that you don't enjoy**. Life is too short.

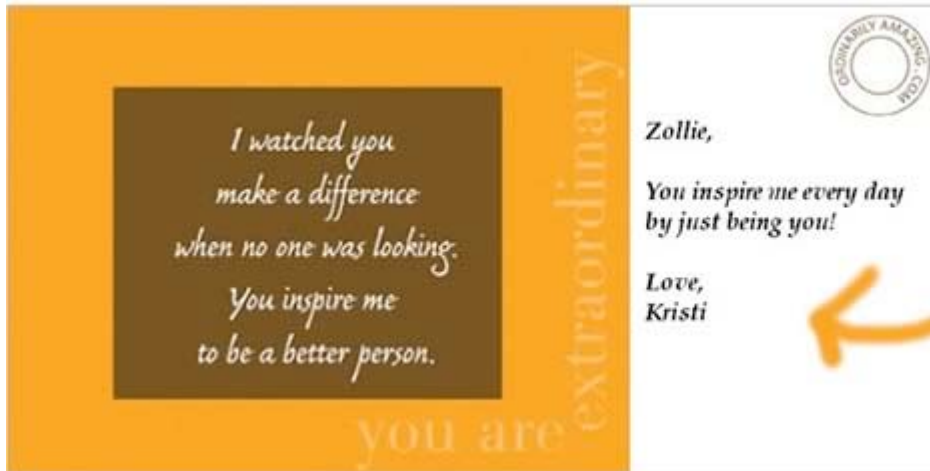
Where are you right now? Are you in the moment? **If not, get there.** It is the only place to be right now. Watch *The Peaceful Warrior*. Priceless.

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