



Chapter 6: The Art of Presence

Drift · Detours · Techniques for returning

NUDGES

NOTES

MID-CH LAB

GOOD LIFE LAB

NUDGE 6.1

Spot the Drift

Think about a moment from the last 24 hours when your mind was on autopilot — doing one thing but thinking of another. Mind-wandering is natural, but spotting it is the first step toward reclaiming presence.

NAME THAT MOMENT OF DRIFT:

IS THIS DRIFT COMMON FOR YOU? WHEN DOES IT USUALLY HAPPEN?

NOTE 6.1

Interrupt the Autopilot

Reflect on the moment you identified above.

WHAT WAS HAPPENING IN THE PRESENT MOMENT THAT YOU WERE MISSING?

WHAT IS ONE SMALL ACTION YOU CAN TRY THE NEXT TIME YOU SPOT THIS DRIFT?

NUDGE 6.2

Reclaim a Block of Time

Choose one 30-minute block this week and make it sacred. During this time, you will not job-hunt, answer emails, or scroll social media. This is alignment time.

I CHOSE:

- A long walk
- A creative hobby
- Playing a game
- Time with a loved one, device-free

WHEN I'M SCHEDULING THIS SACRED BLOCK:

NOTE 6.2

Time Well Spent

After completing your sacred 30-minute block, reflect on how it felt.

WHAT EMOTIONS DID YOU NOTICE BEFORE, DURING, OR AFTER THIS ACTIVITY?

DID THIS SMALL ACTION AFFECT YOUR OVERALL SENSE OF AGENCY AND WELL-BEING?

WHAT DID THIS MOMENT TEACH YOU ABOUT WHAT YOU NEED TO FEEL PURPOSEFUL OUTSIDE OF WORK?

MID-CHAPTER GOOD LIFE LAB

The Detour Audit

Reframe a significant life change — career detour or personal transition — and apply the art of presence to it. Often a detour only looks like a detour in hindsight. At the time, it felt like being lost.

NAME YOUR DETOUR — A SIGNIFICANT CHANGE YOU'VE NAVIGATED:

WHAT DID THIS EXPERIENCE FORCE YOU TO LET GO OF?

WHAT WERE YOU LEARNING DURING THIS TIME, EVEN IF YOU COULDN'T SEE IT THEN?

BEFORE: 'I FELT LOST AND POWERLESS WHEN...'

AFTER: 'BUT I LEARNED THAT...'

NUDGE 6.3

Name the Loss and Opening

Life stage transitions often come with a sense of loss, even when they're a good thing. Naming both the loss and the opening can help you move through them with more grace.

A CHANGE — WHAT KIND OF CHANGE ARE YOU EXPERIENCING?

A LOSS — WHAT AM I SAYING GOODBYE TO?

AN OPENING — WHAT NEW POSSIBILITY OR FREEDOM MIGHT THIS TRANSITION HOLD?



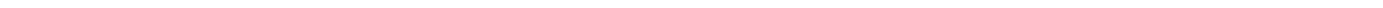
NOTE 6.3

A Little Rhythm to Lean On

In the face of uncertainty, a new routine can be a source of stability. Building on the opening you identified, choose one small action to try this week.

MY SMALL ACTION THIS WEEK:

AFTER A FEW DAYS, REFLECT — HOW DID THIS SMALL ACT FEEL?



NUDGE 6.4**Test Drive Your Calm**

Choose one of the techniques discussed and experiment with it this week. These techniques help interrupt physiological escalation and pull your attention back to the present.

- 4-7-8 Breathwork: Inhale for 4, hold for 7, exhale slowly for 8.
- Box Breathing: Inhale for 4, hold for 4, exhale for 4, hold for 4. Repeat 4 times.
- Alternate Nostril Breathing: Close one nostril, inhale; switch, exhale. Repeat.
- Personal Space: 5 minutes in a quiet corner, no phone, no distractions.
- Pocket Companion: A 3-minute guided meditation from an app.

I CHOSE:

- | | |
|---|---|
| <input type="checkbox"/> 4-7-8 Breathwork | <input type="checkbox"/> Box Breathing |
| <input type="checkbox"/> Alternate Nostril Breathing | <input type="checkbox"/> Personal Space (5 min quiet) |
| <input type="checkbox"/> Pocket Companion (guided meditation) | |

WHEN I TRIED IT AND WHAT I NOTICED:

NOTE 6.4**Your Personal GPS**

Think about a moment this week when you felt off-track. Your GPS doesn't judge you for taking a wrong turn — it just recalculates.

WHAT PULLED YOU AWAY FROM THE PRESENT MOMENT?

WHAT TECHNIQUE DID YOU USE, OR COULD YOU HAVE USED, TO RETURN?

HOW DID THIS RECALIBRATION FEEL? WHAT DOES IT TEACH YOU ABOUT YOUR ABILITY TO GUIDE YOURSELF BACK?

GOOD LIFE LAB

Your Presence Plan — 14-Day Tracker

Create a personal plan for weaving presence into your daily life over 14 days.

DRIFT TRIGGER 1 + TECHNIQUE I'LL USE:

DRIFT TRIGGER 2 + TECHNIQUE I'LL USE:

MY GPS REMINDER FOR TRIGGER 1 (ONE SENTENCE TO RECALIBRATE):

MY GPS REMINDER FOR TRIGGER 2 (ONE SENTENCE TO RECALIBRATE):

DAY	PRESENCE PRACTICE / TECHNIQUE USED	HOW YOU FELT AFTER
D1		
D2		
D3		

D4		
D5		
D6		
D7		
D8		
D9		
D10		
D11		
D12		
D13		
D14		

AFTER 14 DAYS — WHAT PATTERNS DO YOU SEE? WHAT DID YOU LEARN ABOUT YOUR ABILITY TO REORIENT YOURSELF?