



1. Accept the connected parts of life and also the messy and the confusing. Expand acceptance with mindfulness.
2. When you feel lost, remember—it's part of the plan.
3. Life's not a puzzle, it's something to experience.
4. Think of "being stuck" as a chance to learn and grow. Your being isn't fixed; your being is becoming.
5. Ask gently, *What's this moment asking of me?*
6. Reflect not only on what you hope to achieve, but on what you are doing—right now, in the small acts that shape a day.
7. Be present in your life, not just with the big plans but in the quiet, ordinary moments. Mindfulness belongs there too.
8. Reality simply is.
9. See your life as a living, breathing place, vibrant, always unfolding
10. You were never meant to be complete. That's the wonder of living

## 🥕 Accept the connected parts of life and also the messy and the confusing. Expand acceptance with mindfulness.

*This is a call to stop fighting reality, embrace the chaos, and find peace through expanding your conscious awareness.*

This phrase advocates embracing the entirety of life—both the pleasant and the chaotic. It suggests using mindfulness (present-moment, non-judgmental awareness) to accept, rather than resist, life's challenges and uncertainties, supporting resilience and growth rather than searching for perfect, rigid order.

When we feel resistance, that is an opportunity to ask, “*What do I need?*”

Key Aspects of the Quote:

- Life consists of both, and attempting to fix, judge, and reject the mess leads to suffering. True acceptance means embracing the full, unpredictable human experience.
- Instead of fighting against unpleasant emotions or situations, use mindfulness to observe. This allows one to sit with discomfort and accept reality as it is, rather than how we want it to be.
- The quote encourages viewing life as a process of becoming and experiencing rather than a problem to be solved or a puzzle to be figured out.
- The lesson is to be become as fully present in the current moment as is your capacity today, including all the quiet, ordinary, and chaotic parts, rather than just focusing on major projects and ambitious goals.





## When you feel lost, remember—it's part of the plan.

*The quote is an encouragement to stop fighting the feeling of being lost and, instead, to trust the process, knowing that this confusion is the prerequisite to finding a deeper sense of direction.*

### 1. It Signifies Impending Growth

Feeling lost often happens when you have outgrown a previous version of yourself, your job, your lifestyle. The discomfort you feel is signaling that a new, more authentic chapter is about to begin.

### 2. The Journey is Not a Straight Line

We often believe life should follow a direct, linear path, but "the plan" (whether interpreted as fate, personal development, or life's journey) includes detours, pauses, and moments of wandering. Feeling "lost" is just a way of saying you are navigating a new, uncharted territory. Your being is not lost. It is becoming.

### 3. It Allows for Reevaluation

When you are "on track" and in flow, you may be focused on a goal. When you are "lost", your field widens, allowing you to reevaluate values, desires, and direction. It is a necessary pause to ensure you are moving toward a life that truly is "home" on the inside, not just one that looks good on the outside for the validation of others.

### 4. It Shifts Perspective from "Broken" to "Becoming"

The phrase encourages replacing fear with curiosity in your state of becoming. It is an invitation to embrace the present moment, even if that moment is messy and uncertain.

### 5. It is a Human Experience

Almost everyone experiences periods of feeling lost. You are not alone in this feeling. It is a normal, necessary part of navigating life's major transitions and challenges.



**Life's not a puzzle, it's something to experience. See your life as a living, breathing place.**



## Life's not a puzzle, it's something to experience.

*This is a call to stop worrying about getting life "right" and to live it fully.*

Life should not be thought of as a problem to be solved, fixed, or meticulously planned, but rather as a journey to be felt, embraced, and lived in the present moment.

This perspective, attributed to Søren Kierkegaard ("Life is not a problem to be solved, but a reality to be experienced"), encourages letting go of the need for certainty and control, and instead engaging with the raw, sometimes messy, reality of existence.

### 1. Stop Trying to Solve Life

- Unlike a puzzle, life does not have a single, pre-determined, correct picture that you must discover. It's not a gameshow. There is no final answer.
- Instead of trying to control every outcome or find the perfect, logical, or right thing to do, this mindset encourages accepting that some things cannot be fixed or understood immediately. So stop over-analyzing.
- In a puzzle, you see the picture on the box to guide you. In life, there is no box and no picture. You are just have the pieces, and the picture comes together in the act of living. So don't try to "figure it out". It's already figured out—expand your awareness into the experience. That's it.

### 2. Focus on Being Over Doing

- It's a call to be in the present, not just focusing on future goals or regretting the past. It's your life, to be lived for you, on your terms—be present in it.
- It encourages noticing the small, everyday moments—the soft breeze, someone's kindness, a moment of stillness—rather than only valuing major accomplishments. Ask, "*What if I practiced mindfulness?*" It's a good question. Some think there are no stupid questions. There are better one and this is one of those better questions.
- It means allowing yourself to feel everything—joy, fear, and heartache—instead of trying to escape or ignore the uncomfortable parts. What if you embraced it all?

### 3. Embrace the Journey (The "Wave" Metaphor)

- We cannot carry or stop a wave. We are meant to ride it. Life is fluid, not static, and requires moving with the process rather than trying to stop it. What if you were to flow *with* life instead of chasing a "flow state"?
- The belief is that we are not broken things needing to be fixed, but rather in a continuous state of growth—which is not improvement. It is expansion through awareness.
- The meaning of life is to live it. Life is found in the lived experience itself—the struggle and the joy—not as some final destination. Could it be that valuing the journey is itself sufficient meaning?



### **Ask gently, *What's this moment asking of me?***

*This in essence is a tool to stop living on autopilot and to instead live with more intention and presence.*

This is a mindfulness practice designed to shift your focus from reacting to stressful situations to proactively engaging with the present moment. It encourages pausing during daily life—whether during stress, confusion, or even routine tasks—to ask what action, emotion, or attitude the current situation requires.

#### 1. "Ask Gently" (With Compassion)

- It is not a demand for instant, perfect action or a new task to add to your to-do list.
- It suggests approaching yourself with the kindness of self-compassion, treating yourself like a friend or a "suffering child," rather than criticizing your reactions.
- It is an invitation to explore your current experience with curiosity rather than judgment.

#### 2. "What's This Moment Asking of Me?" (The Core Inquiry)

- This shift in perspective moves you from asking "Why is this happening to me?" (a victim mindset) to "What is this moment asking of me?" (a proactive, empowered mindset).

- It encourages you to identify your needs and to determine what is needed right now. The answer could be:
  - **Rest:** "*This moment is asking me to take a breath*".
  - **Action:** "*This moment is asking me to speak up*".
  - **Acceptance:** "*This moment is asking me to let go of control*".

It encourages you to act in alignment with your deepest values and create a meaningful response rather than just reacting.

### 3. Key Benefits and Context

- **Mindful Presence:** It pulls your attention back from the future or past into the "here and now," where life is actually happening.
- **Reduces Overwhelm:** By focusing only on what is needed at this exact second, it helps you to hold complex or overwhelming situations without an immediate rush toward fixing yourself and everything as it develops.
- **Internal Focus:** It highlights that the answers to life's challenges often lie within you—your conscience, your intuition, your body—rather than in external validation.





## Reflect not only on what you hope to achieve, but on what you are doing—right now, in the small acts that shape a day.

*This quote emphasizes harmonizing future goals with present awareness, suggesting that true fulfillment comes from being mindful of daily, small actions rather than just chasing long-term accomplishments.*

*It highlights that now shapes the future and encourages valuing ordinary, quiet moments.*

- While striving for future goals is important, it is equally necessary to be present in your daily life, as that is where life actually unfolds. What if we were to harmonize our ambitions with allowing our presence?
- The "small acts" refers to the routine, daily actions that build the foundation of your life. What if we're centered on small actions?
- Rather than just fixating on the final outcome or the impulse to fix, we can find value in the, living, breathing nature of the present moment and value the process.
- It's a call to be more intentional, present, and aware in the current moment, because mindfulness does reduce the feeling of constantly needing to chase after the future.



## Be present in your life, not just with the big plans but in the quiet, ordinary moments. Mindfulness belongs there too.

*This phrase means that your life is built on ordinary moments, not just major milestones. Being mindful in the quiet, simple parts of the day makes life feel more meaningful, reduces anxiety, and helps you feel more alive.*

This quote is a call to stop living only for future milestones like promotions, vacations, or major life changes, and to instead find value, peace, and awareness in the mundane, daily, quiet moments.

It suggests that mindfulness—the practice of being fully present and engaged without judgment—is not just for meditation sessions or major life events, but could effectively be applied to everyday life as it reduces stress and increases happiness.

### **1. "Be present... not just with the big plans"**

- We often wish away the present by waiting for the weekend, the next vacation, the next accomplishment, or whatever else we think life will deliver like its UPS. What could it be like if we were to stop living in the future?
- When we only focus on the future, we lose the present moment, which is where life is happening. This is the problem with Big Plan Living.
- You are encouraged to stop treating your current life as a temporary waiting room for a better future.

### **2. "...but in the quiet, ordinary moments"**

- The quiet moments of drinking coffee, commuting, folding laundry, or washing dishes are asking for your presence.
- Instead of viewing these moments as tasks to rush through, this quote suggests finding joy, stillness, or appreciation in them by finding meaning in the small stuff.
- For examples, notice the way light falls on the floor, feel the warmth of a cup of coffee in your hands, or listen the sound of your own breathing.

### **3. "Mindfulness belongs there too"**

- Mindfulness is not just for calm. It is not a technique only for when you are on a yoga mat. It's actually a way to live.
- By applying mindfulness to everyday tasks, you give your nervous system a chance to rest and reset.
- The takeaway is that you *can* create pockets of peace and reduce stress in the middle of a busy, loud day.

## Reality simply is.

The universe and everything in it exists as it is, independent of your thoughts, emotions, beliefs, and interpretations. It requires no validation, justification, or explanation. Reality abides, it is, it exists, rather than needing to be understood, judged, or changed.

This stance includes:

- **Objectivity:** It is the state of things as they are, independent of subjective perception.
- **Unconditional:** Reality lacks emotion, bias, or compassion, and exists regardless of human desire or interpretation.
- **Direct Existence:** It represents the immediate here and now that often gets masked by mental, conceptual interpretations.
- **Non-Dual/Literal Existence:** It is the ultimate, sheer fact that things exist. That's enough.

## See your life as a living, breathing place, vibrant, always unfolding.

*This is your invitation to stop chasing a final version of life and to embrace the flow of life as it happens right now.*

*This phrase encourages viewing life as an organic, dynamic process rather than a fixed, rigid, or completed project.*

*It means embracing change, growth, and the present moment, treating existence as something that flows, evolves, and flourishes, rather than something to be strictly controlled or finalized.*

- Life is not a static object; it is an *environment* that requires active participation and offers continuous, unfolding experiences. This is what makes life a living, breathing place.
- "Vibrant" implies that life is full of energy, color, and depth, even in what is perceived as ordinary moments.

- Life is always unfolding—constantly changing and growing, suggesting that growth is a natural, ongoing, and, often, *spiraling* process, not repeating circles of experience, not a linear race to some phony finish line.
- It encourages a mindset shift moving away from focusing solely on goals and, instead, becoming present and receptive to the unfolding, everyday moments.
- This mindset invites seeing oneself as becoming rather than completed, in a life of embracing experience, the imperfection, and acknowledging that the beauty of life lies in its continuous, unfolding nature.



>You were never meant to be complete. That's the wonder of living.

*Human existence is defined by the expansion of our awareness, by learning, and by our evolution rather than by searching for a final, static state.*

*Embracing imperfections and the ongoing process of unfolding is what makes life vibrant and meaningful.*

*Joy is found in the journey.*

- Life is a living, breathing place that is always unfolding before us.
- The pursuit of perfection is unnecessary and damaging. Instead, appreciate being a work in progress and embrace your so-called, likely misidentified imperfections.

**The wonder lies in the capacity to change, learn, and experience new things throughout life and in partaking of the joy of your evolution.**