

■ The Power of Now – Awareness & Presence Worksheet

Based on *The Power of Now* by Eckhart Tolle

1. *Observing Your Thoughts*

Take a moment to notice the thoughts passing through your mind right now.

Write one repeating thought or worry you've noticed today:

Ask yourself: Who is noticing this thought? The observer or the thinker?

2. *Anchoring in the Present Moment*

List three ordinary things you can see, hear, or feel right now:

1. _____

2. _____

3. _____

Notice how simply observing brings a sense of stillness.

3. *Acceptance and Surrender*

Think of one situation you've been resisting or worrying about.

Write one sentence of acceptance you can say to yourself about it:

"I allow this moment to be as it is."

4. *The Ego and the Pain-Body*

When did you last feel triggered or defensive? What emotion surfaced?

Can you notice that the feeling is separate from your true self?

5. *Relationships and Presence*

Think of a recent conversation. Were you truly listening, or thinking ahead?

Next time, practise full attention — listening without planning your reply.

6. *Daily Practice*

List two simple ways you'll bring more presence into daily life:

1. _____

2. _____

Example: mindful breathing, feeling the inner body, or pausing before reacting.

■ *Key Reminders*

- You are not your thoughts — awareness is who you truly are.
- Peace begins when you stop resisting the present moment.
- Observe the ego and emotions without identifying with them.
- Every moment of awareness is a step towards freedom.