



To live only
for some
future goal
is shallow.
It's the sides
of the
mountain
that sustain
life, not the
top.

Robert M. Pirsig
(1928 - 2017)
Philosopher

In both business success and personal fulfillment, goals help inspire and guide progress. We discern our aims and imagine our reach, sometimes adding a bit more to entice us forward. Goals that engage our creativity can be particularly energizing. They may even draw forth joy.

Living in the present nourishes our passion and growth.

Living life in the present opens us to discovery. With all of our senses attending to the moment we occupy, we experience that moment more fully. We can notice the character of our emotions and the nature of our intentions. We can observe detail and nuance. Focused on the present, we uncover the abundance in which we exist. This clearer vision allows newness to be more easily found.

Living life in the present roots us in reality. There is value in imagination and vision – we use expansive thinking to unlock previously unknown options. Living in the present helps assure that our thoughts are tethered in what is real. With dreams grounded in our actual circumstances, we are more likely to discern the paths available to us. With the starting point of what is, we can better consider what may be.

Living life in the present allows for integrity. Integrity comes alive when we act, and when this action is consistent with our values. The present moment provides for both of these requirements. In the present, we can define and affirm our commitments. In the present, we can choose and express our behavior. The immediate moment is when our ideals and our conduct might mesh; it is a chance to be what we seek to be.

The present is when we may inhabit our authentic life.

What values does my behavior today express? What detail of the world around me will I discover in this moment?