



60-SECOND PRESENCE

Your Presence Starter Card

Five Inner Steps for real-life moments

1

ANSWER

What's the strongest feeling inside you right now? One word, or one sentence, is enough.

2

INTEND

Silently say: "I intend to come fully into presence."

3

FOCUS

Focus 100% of your attention into your focus anchors:
Feel your body supported. Notice your breath, sensations, sounds, and the room for a while.

Then, let everything go completely for a little while.

4

FLOW

Picture your next hour. See presence flowing into it with you.

5

BEGIN

Take the first 10-second step to begin your next hour.
Stay present.

USE IT IN THE MOMENT

Before a conversation. During pressure. After screens. Between one need and the next. Whenever you want to come back to yourself and begin again.

One Shift can change a moment. Repetition makes the method yours.