



Tool to Enhance Living Practice Before Life Slips Away

Here is a simple, reflective tool to live with awareness and intention while we have the grace-filled opportunity.

- **Morning Alignment (5 minutes)**

- Begin with one question: If today were my last full day, what would truly matter?
- Let the answer be simple and honest. Then set **three quiet intentions**:
 - Inner state (calm, aware, steady)
 - Actions (focused, meaningful)
 - Relationships (present, kind)
- You're not planning your day. You're orienting it.

- **Midday Awareness Check (1 minute)**

- Pause during natural breaks: Am I acting with awareness, or just reacting?
- No need to fix everything. Just noticing is enough.
- This step gradually breaks the habit of unconscious living.

- **Evening Reflection (7–10 minutes)**

- Reflect honestly:
 - Where was I most present today?
 - Where did I drift into habit?
 - If today were my last, what feels complete or incomplete?
- No perfection is needed here. No judgment. Just awareness.

- **Living Perspective Reset (Weekly)**

- Sit with this question: If only my thoughts, habits, and intentions continue beyond this life, what am I building within?
- Gently explore:
 - What patterns am I strengthening?
 - What am I holding onto unnecessarily?
 - Am I living in a way that feels complete?
- Let clarity arise naturally.

Small moments of honest awareness, repeated daily, can transform how life is lived.

This day is not guaranteed. You have been blessed with time to live but not promised more. What truly matters today? Live in a way that nothing essential is left undone.