

# STAYING PRESENT

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## What does it mean to be present?

*Being present means to know what's going on, and don't let your mind drift. Also to be aware of your surroundings.*

## Techniques

*There are techniques to pay more attention like*

- *Transforming something boring into something cool so that you can focus on it more*
- *Focus on that one thing you are doing. (sort of like meditating except you are breathing normal AND you're focusing on your task)*
- *Whenever you feel you're drifting off, catch yourself. If you can't, try to imagine something similar to what you're doing. That might drive you back to reality.*

# **Why is staying present so important?**

**Staying present is important because it can be a matter of being clueless versus having the time of your life! Being present can make you happy, but it can also save your life. For example, if you're being taught how to handle being poisoned (i dunno 🤪) and you're not paying attention, then later you might be being poisoned. You'll like: "how do you handle this? I should've paid attention in class..."**

**Staying present can be helpful, fun and good in many ways. It is very important. So, all you imaginative boys: keep this in mind!**