



presence

week 1

Rate Yourself

On a scale of 0-10, how present
are you right now?

0-1-2-3-4-5-6-7-8-9-10

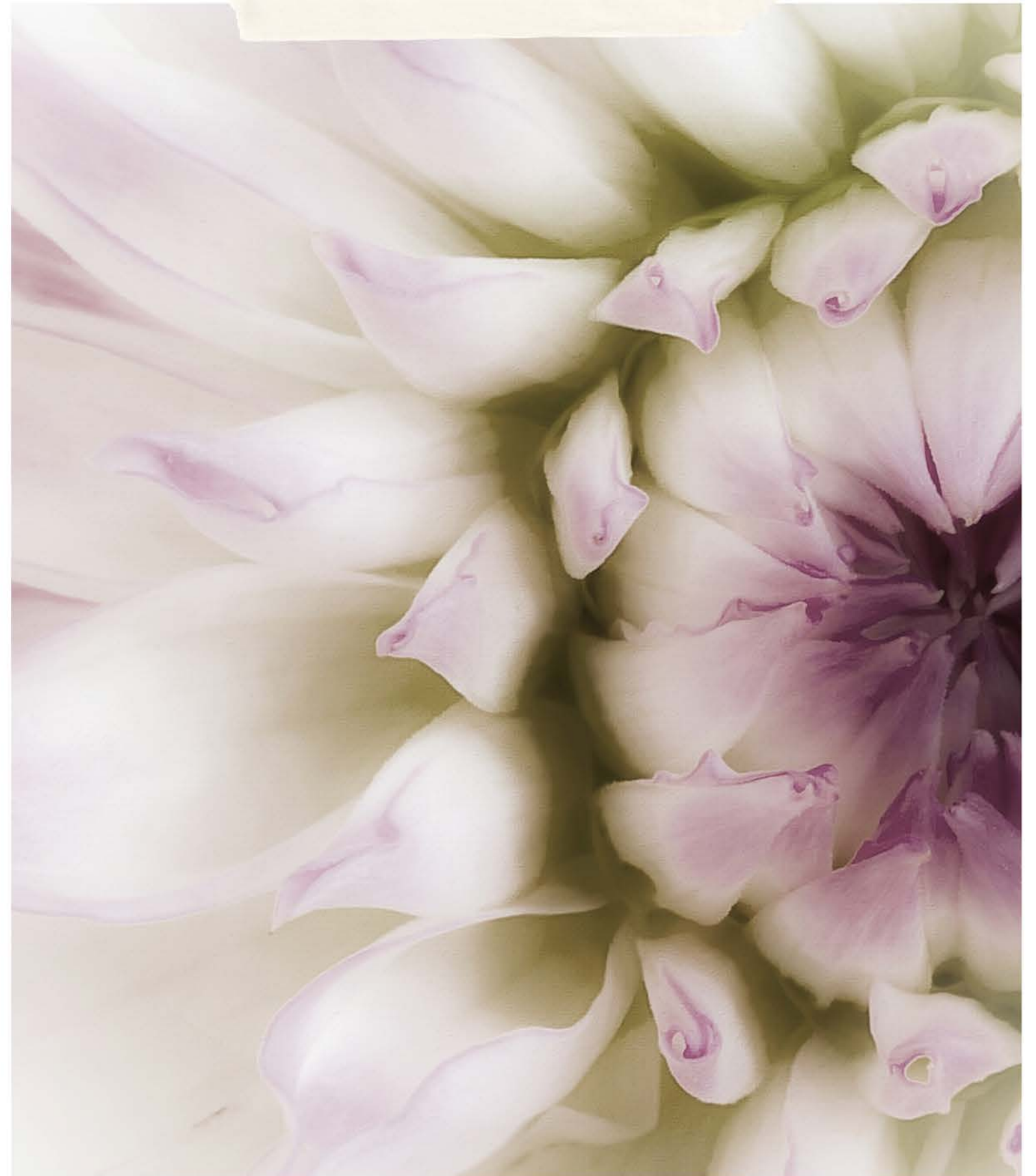
0 = completely checked out, not present

3 = mostly not present, many thoughts
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about
the past, future or distracted by thoughts

10 = completely present



there are only two days in the year
that nothing can be done.
one is called yesterday and the other
is called tomorrow.
so today is the right day to love;
believe; do and mostly live.

– dalai lama



What is a goal you have for being
the present moment?

Raise your Zoom hand or put your answer in the chat.

Housekeeping

This book and classes are for education and inspiration.
This is not therapy and participating does not constitute a
therapeutic relationship.

Be kind, positive and respectful. Share solution-focused ideas about
what works for you. Everyone is welcome here.

Classes are recorded and will be on the membership page. Your
Zoom image does not appear there...if you participate in class, your
voice/image will appear on the video.

You have permission to make a copy of the workbook and slides for
your personal use.
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T h e M o d e r n C r e a t i v e W o m a n



Modern Creative Woman

- We are a fun, supportive learning community.
- We commit to creativity and creative thinking.
- We focus on our values, purpose, and aligned actions.
- We practice knowing ourselves more so we can make our relationships and the world a better place.

The Modern Creative Woman



Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

WEEK
02

WEEK
03

PURPOSE
YOUR
UNIQUE
VALUES

nothing ever happened in
the past that can prevent
you from being present
now.

– eckhart tolle

What is Presence?



Presence in the MCW

1. Making contact with the
present moment
2. Self as Context



What is Present?

- Present = fully conscious of and engaged with our current experience.
- Presence happens when we are able to relate to and accept our emotions, even difficult ones.
- Making contact with the present moment.





Presence

Your presence includes getting out of your mind and getting into your life, making contact with the present moment and seeing yourself as the "context" for your life experiences.

Your internal presence can be whatever you decide it to be in each moment of your life.





For about half of the day,
people are thinking about
something other than
what they are doing.





What is our mind doing when we are not present?

- Contemplating events that happened in the past.
- Wondering what might happen in the future.
- Thinking about what may never happen at all.
- Worrying.



Is this OK?

- This isn't concerning in itself.
- Planning for the future or remembering past events is natural and can be helpful.
- This is ok except...



Except...

- We can spend excessive time worrying about the future or resentful about things that have happened in the past.
- Interferes with how we function in the present...
- Can be clinically problematic - depression, anxiety, dissociative, etc.





Why Being Present Matters

- Here and now is where behavior happens.
- The only place where we actually do our living.
- The only place to make changes that are in keeping with our values.
- When we are lost in thought, reliving the past, or going through the motions, it interferes with how we act in the present.



Why Being Present Matters

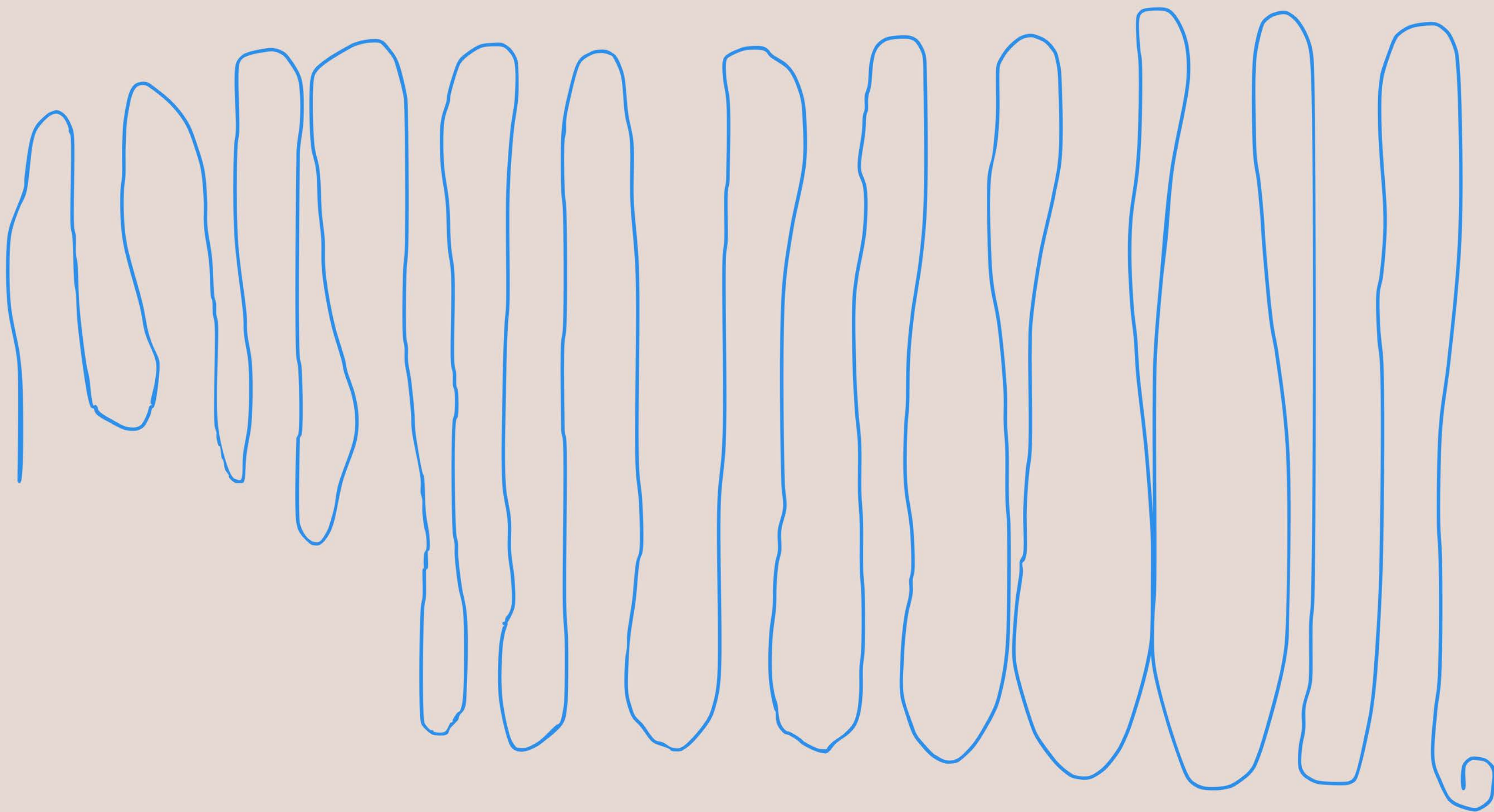
- Respond realistically to challenges.
- Problems become smaller.
- Communication improves.
- Love and work relationships improve.
- We enjoy our own company more.
- Other people get to enjoy our authentic company.

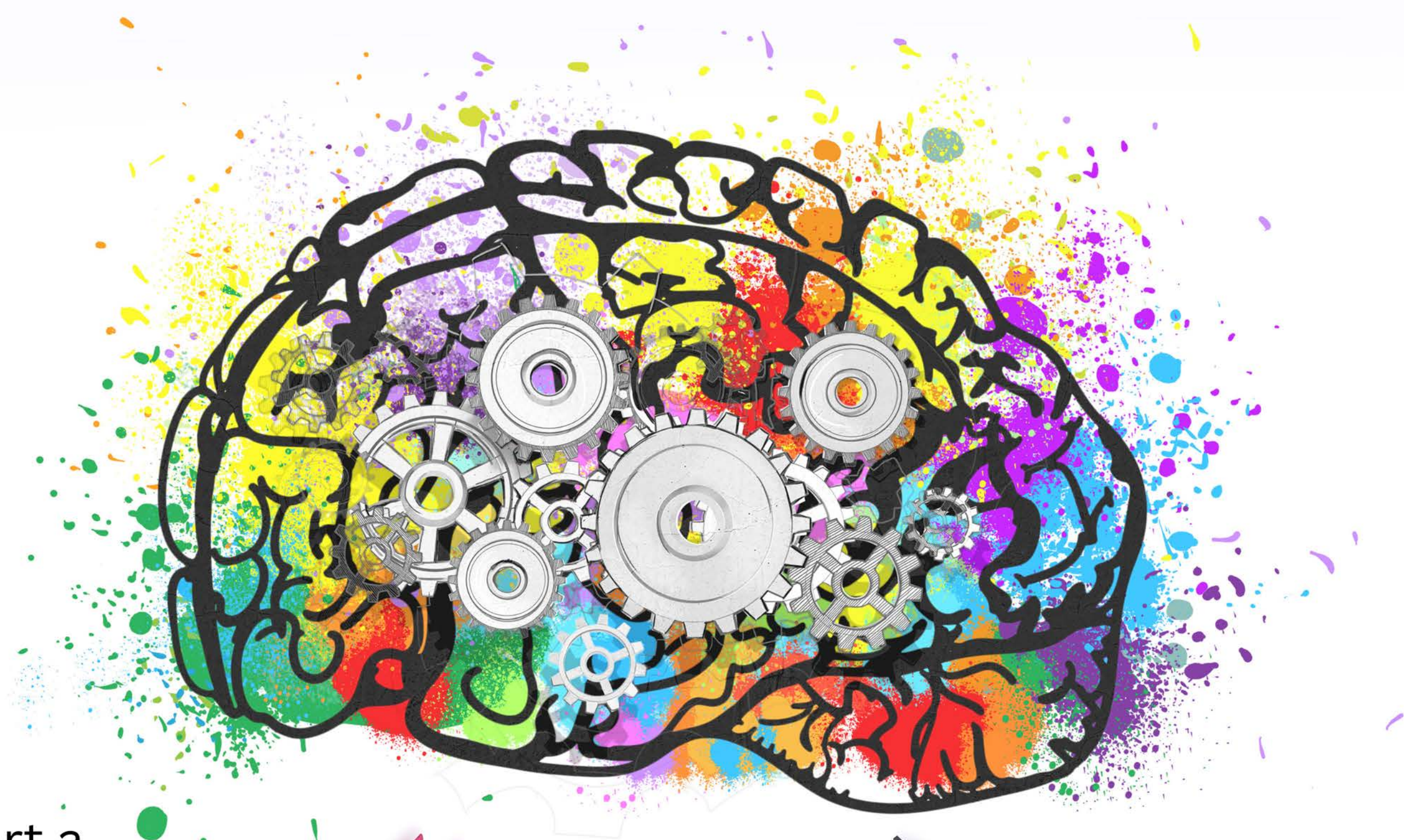


A full-page background image featuring a sunset over a calm body of water. The sun is low on the horizon, creating a bright orange glow in the sky and a shimmering reflection on the water's surface. In the foreground, the dark, out-of-focus silhouettes of palm fronds are visible on the left and top edges. A large, white, rectangular box is centered on the page, containing the text "MINDFUL ART" in a black, serif font.

MINDFUL ART







Give your art a
title and write
three words to
describe it.





What did you notice as you focused on
your breath and your art?

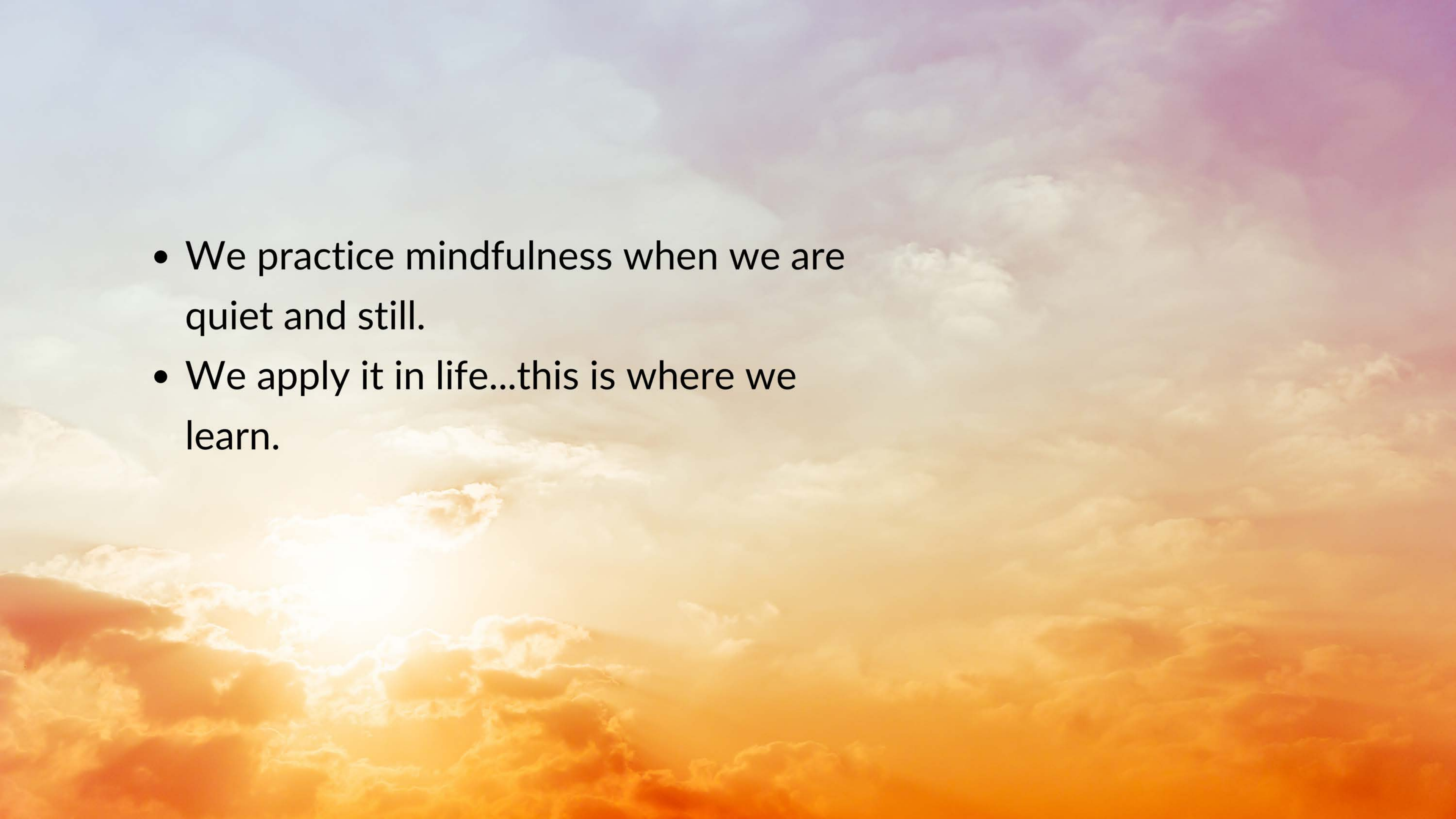
Raise your Zoom hand or put your answer in the chat.

forever is composed
of nows.

– emily dickinson

Mindful Moment



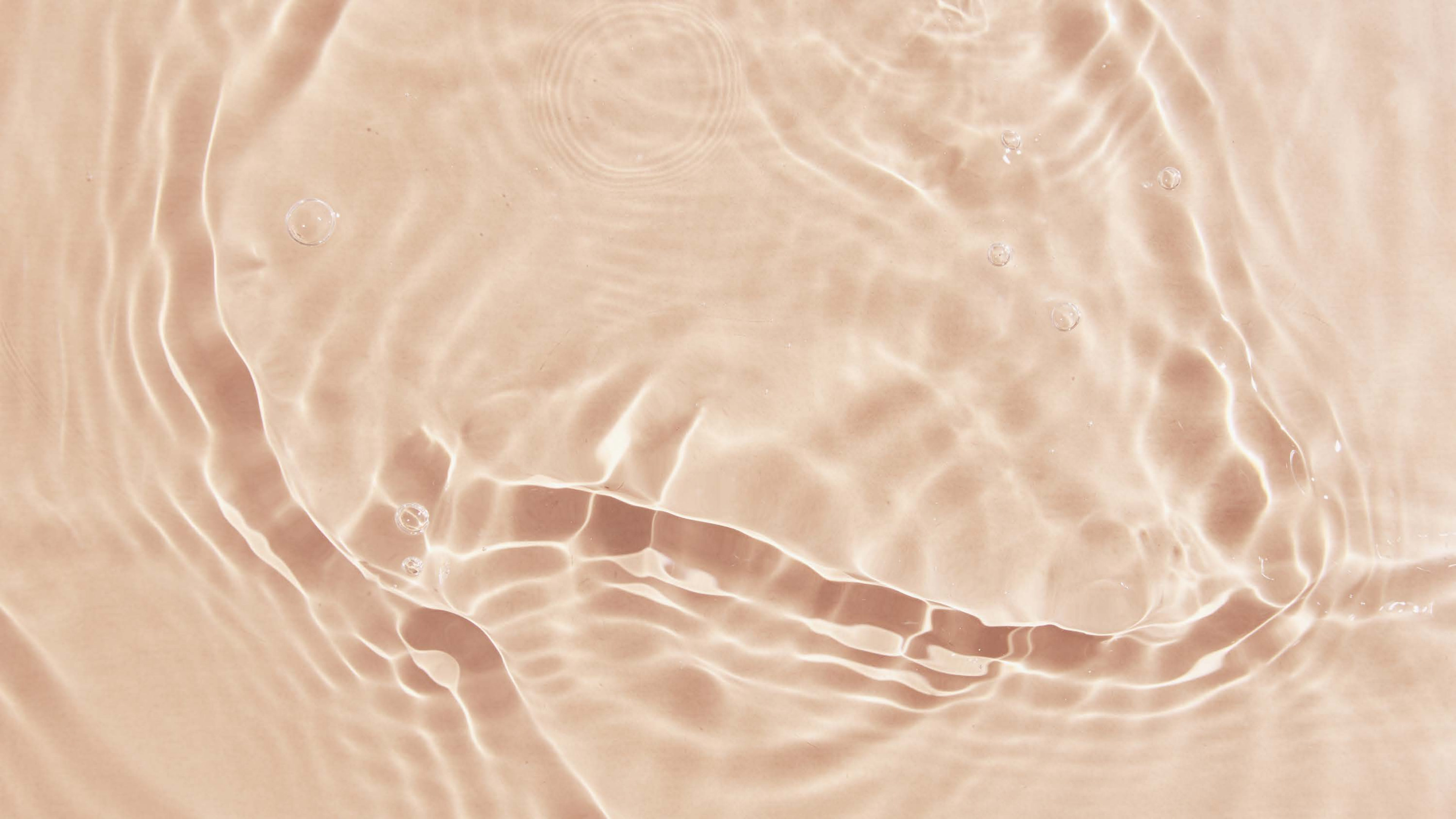
- 
- We practice mindfulness when we are quiet and still.
 - We apply it in life...this is where we learn.











Affirmations



**I am a woman
who...**

- lives in the
present





Finish the sentence in the chat:

"I am a woman who..."

Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

Intentions

2

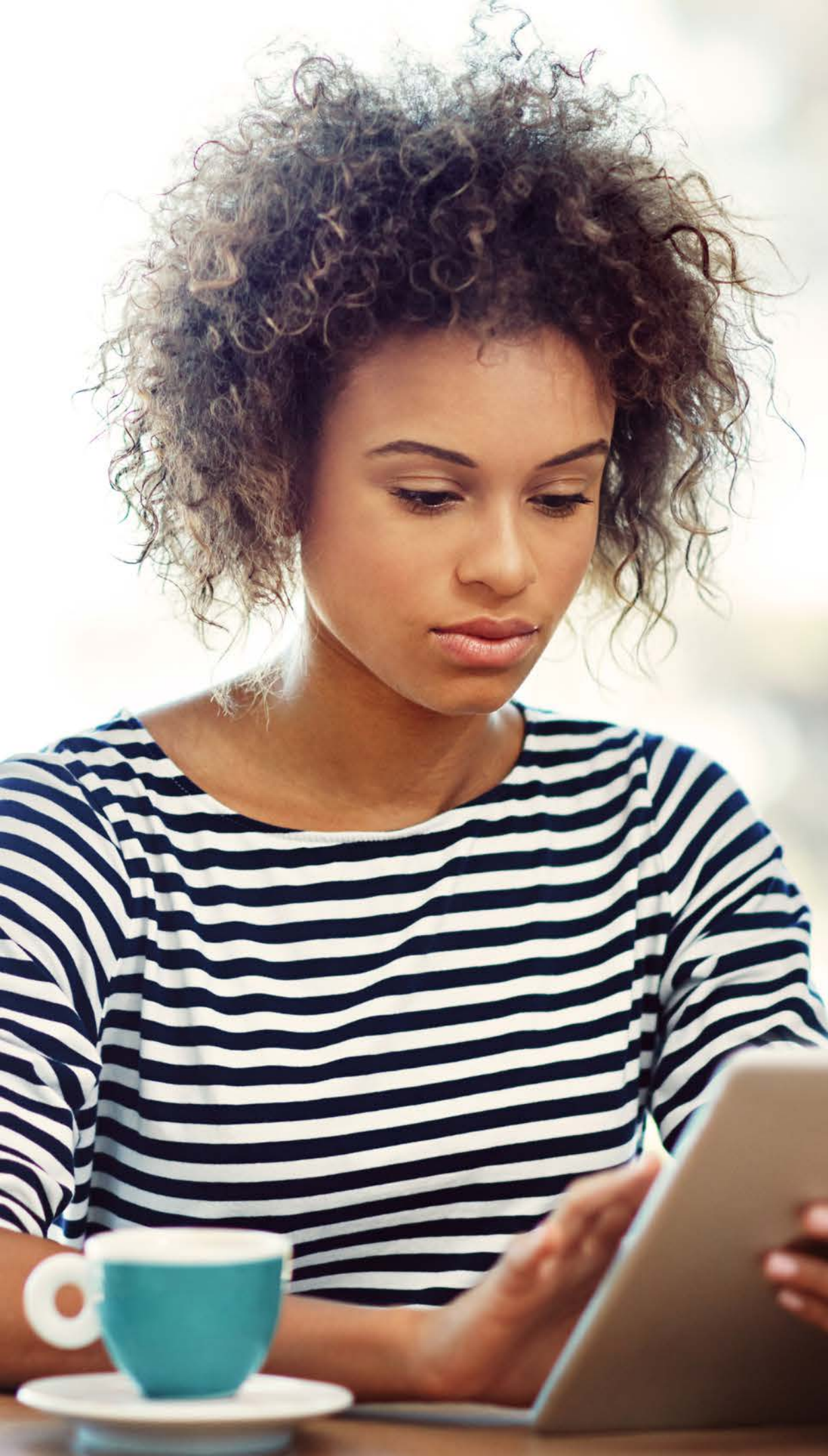
**Practice
Presence**

3

**Take a
Mindful
Walk**

4

**Written
Reflection**



Intentions

- Did you know you can live fully in the present at a 10?
- Imagine if you were a women who lived fully in the present, what would be different in your life?



Practice Presence

- Fast grounding techniques.
- Full body present moment awareness.
- This worksheet can be copied and reused daily until you master the present moment awareness techniques.



A Mindful Walk

- Before you sit down to write, take a little walk - around your house or around the block.
- Walk slowly and make your intention to be fully in the moment without judging.
- Count your breaths up to 10 while you walk. When you lose track of counting, start over with 1.
- Notice whatever is happening outside you. If you judge yourself for losing track of counting your breath, just notice that too.



Written Reflection

- Reflect on your week of presence.
- What came up for you?
- Are you comfortable with getting in the present moment or is it an uncomfortable place to be?
- What are you aware of when you are in the present?
- Be sure to end your reflection with some uplifting sentences.



**BREATH IT ALL IN.
LOVE IT ALL OUT.**



On a scale of 0 -10, how present are you
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.

What To Do Next



Review

Review your orientation manual & workbook.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Exercises

Read and complete the exercises for the week.

A circular arrangement of various colored pencils (red, blue, purple, pink, green, yellow, orange) on a white background, with their sharpened tips pointing towards the center.

Ready for More?

Friday at noon PST on IG live
@dramybackos

Book your VIP Creativity day or weekend

Podcast

Paris Trip - June 3-7

The Modern Creative Woman



What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.



Thank
you!