

Develop a  
PRESENT  
MOMENT  
MINDSET  
*and Ease Your Life!*

*by Elena Zanfei*



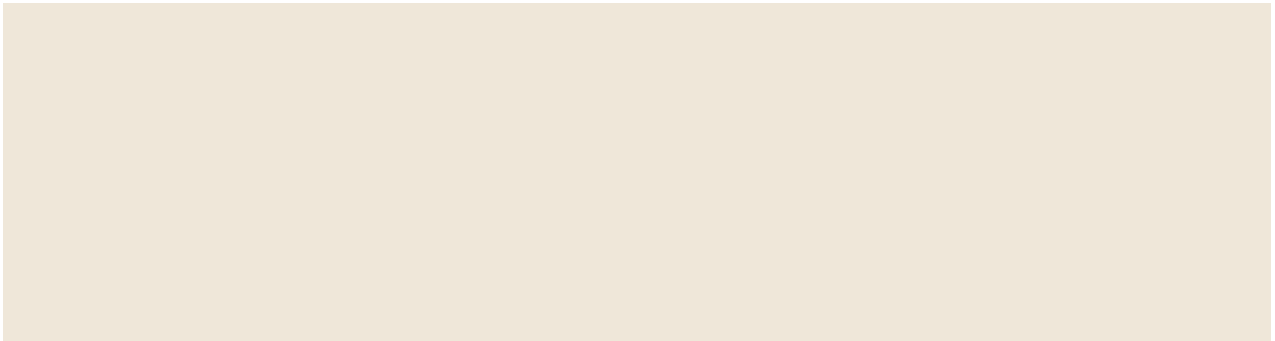
*a Workbook for the times*

# DEVELOP A PRESENT MOMENT MINDSET AND EASE YOUR LIFE WORKSHEET

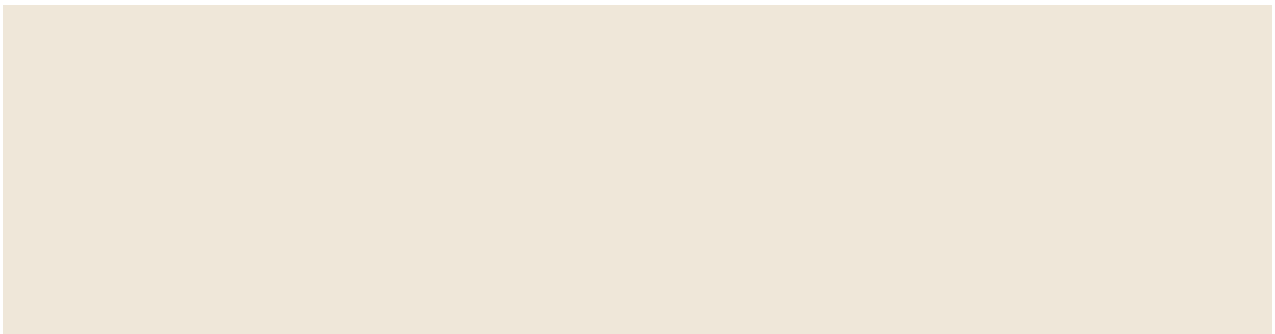
Changing your focus and staying in the present moment is a powerful skill that can enhance both your health and mood.

Answering these questions will help you development mindfulness:

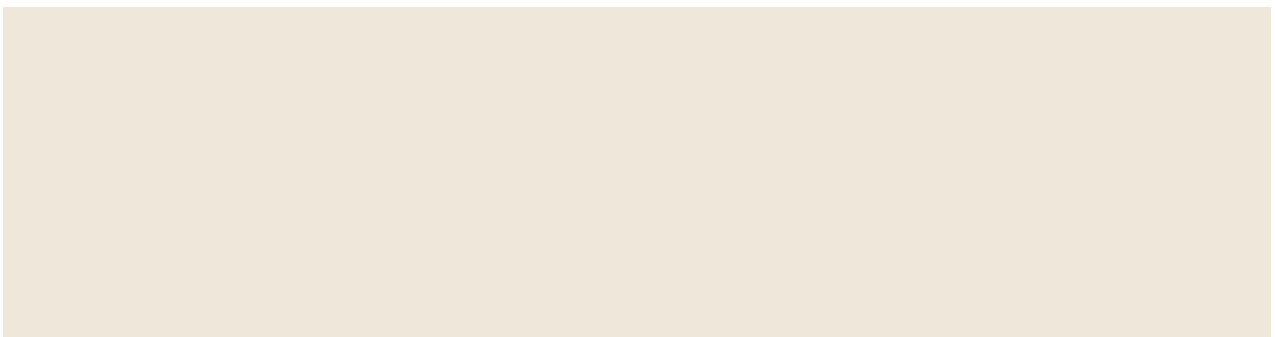
**1. During what times am I least focused on the present? When does my mind tend to wander?**



**2. What are the advantages I would enjoy if I could stay focused on the present?**




**3. What are my challenges to becoming more mindful?**

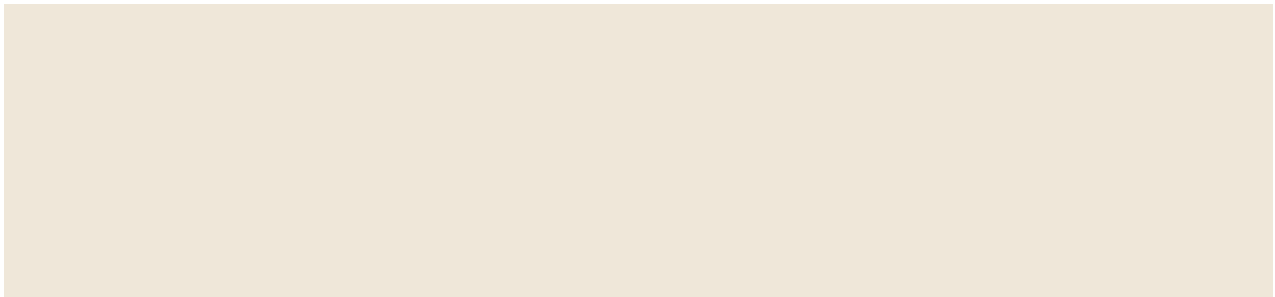


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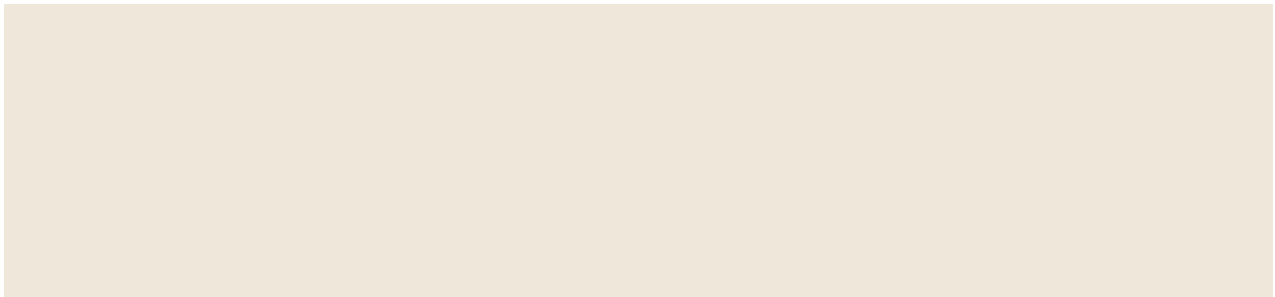
**4. What resources do I need to meditate? How can I incorporate meditation into my daily life?**



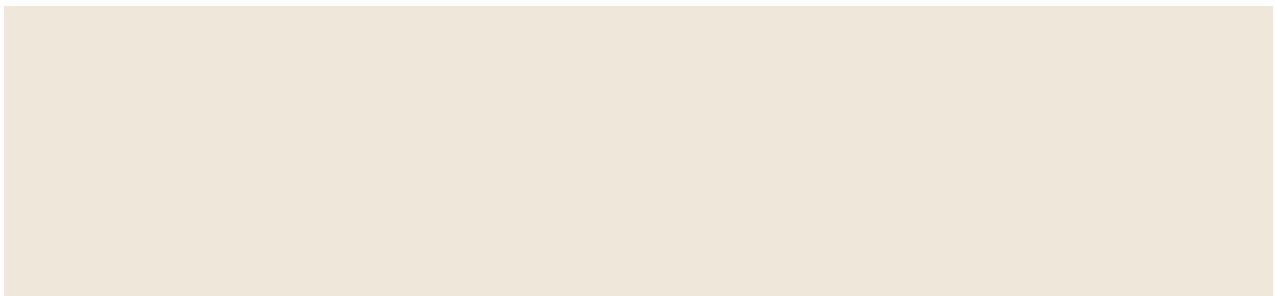
**5. How can I be more mindful at work? How would it change my productivity?**



**6. If I had a present moment mindset, how would my home life be affected?**



**7. What is it costing me by allowing my mind to wander away from the present?**



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## **Hi, I'm Elena**

I'm a heart-centered Transformational Coach for Spiritual Women who, at times, feel like they don't have what it takes to really make their dreams come true. They doubt themselves and feel dis-empowered in spite of previous success or qualifications.

My 35 years of education in human potential, personal trials and ultimate triumph over traumas & tragedies, enable me to teach how to develop confidence that can be sustained over the toughest challenges. My experiences, training and commitment, have made me strong and resilient allowing me to help others do the same.

Uncovering their authentic self, clients discover a hidden level of strength. These discoveries allow them to shift how they approach life to create massive personal and professional success. They step into experiencing AWESOMENESS!

If I can be of assistance in any way, please reach out to me on my website - I am always here for you ♥

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