

## WHAT LIFE IS AT PRESENT?

Wondering what life is at present will question our present existence if it is worthy of living. These things have been abruptly making us wonder when we are on the time of having responsibility. A famous Superhero named Spiderman once said "With Great Power comes great responsibility." Basically, it is one of the iconic lines ever made in a fictional setting. However, it also gives us a peak of what really is life living as NOW in reality.

People often wonder how they can build their future or what we call "will be's" and what makes them who they are now as referenced to their past. It might be a drastic change coming from past to future in an instant as it is portrayed to one's mind but wondering how you can manage to undergo the past and what makes oneself picture the future without considering the process of the present? It is always NOW or should we say the PRESENT that is relevant to what we were and what we will be. Living in the present allows us to create a world that will soon become our legacy.

Valuing time is one of the most essential things that makes our present worthy of living. It contributes a lot of things that will make the path to the future crystal clear. It is important to know first what an individual really want in order for the journey to be happy while making it come true. On the other hand, how can we pay attention living in the moment? "The Art of Now" by Jay Dixit, an award-winning science writer, introduced the six classifications of how do we see the "Present" as important as the future. It was highlighted in the header that the brightest future depends on how an individual pay attention more to the present. Which is by far true to its nature. Six Steps as foretold into the article are:

To improve one's performance, stop thinking about it. It emphasizes the importance of not worrying ourselves whenever we have something to do. Self-consciousness is a battle of Man vs. Himself, Society and Environment. The more they consider getting distracted. It will make oneself focus shattered and to absorb what helps them motivate and encourages them positively.

Set aside the thought about the future and just enjoy the present life. It matters to find the center of motivation to make the process happier and enjoyable at the same time. It also entails that the hallmark of depression and

anxiety is thinking about the future. Worrying about something that does not happen yet will trigger those problems. Focusing on what is present and getting away in some toxicity will make one's life peaceful.

If everyone wants a future with significant other, inhabit the present. This method allows to trust the process and considering the choices. Taking a stand and just trusting one's instincts would be the best key to be successful living in the present time. This examples of one self's getting out of his or her comfort zone. Exploring the challenges awaits outside the so-called comfort zone will let the them discovering the best part of themselves. Uncovering one's capabilities is like a fresh and blooming flower.

Dealing what's on the present time. Going with the flow and living the moment is one of the key essentials to maximize the time. Make sure that in everything that they do, always consider to choose what's best for them. It will make the things they do faster and happier. Less stress and negativity are priceless.

If something is bothering one's actions, move toward it rather than away from it. Break the Barrier! Living in the present is like making fears overcome by being courageous. Hindrances are given to give us lessons and learning. No matter how big the problem is, make sure to stand up tall and face it fearlessly.

Know that they don't know. Always humble yourself. Allow yourself to acquire information and learn from knowledgeable others. Always trust other people's stories and experiences as the basis in helping oneself survive the so-called life. Moreover, learning helps others in surviving the present and reach for their dreams. Every step that we take corresponds a lot of learning that can be integrated in the future life.

These steps are only part of the million references to guide us living the moment and enjoying what we are doing. It is still important to realize that life is about living the most of it. Right now, is as important as the past or the future. It always comes back to the point where we are eager to have something that don't practically have by working hard on it and making sure that to give the best and have a better life continuously. Carpe Diem, they say.

References: (<https://www.psychologytoday.com/us/articles/200811/the-art-now-six-steps-living-in-the-moment>)