



3 Steps to
Get out of your Head and
Enjoy the Present Moment

What's the story?

A few weeks ago I literally **locked myself OUT of my apartment** 🤖 I was in a hurry to do a load of laundry (why the hell do we need to feel rushed to do laundry?), took the basement keys, closed my apartment door, and realized I had forgotten my apartment keys inside. So here I was, locked outside of my place, wearing my Birkenstocks (not the sexiest thing on Earth), carrying my blue IKEA bag full of dirty clothes and... no phone!!!

As I was waiting for the locksmith, sitting down on the staircase, greeting my lovely neighbors on their way to work (awkward...), **I realized how much I had been locked in my own head in the last few days** (and if I was really honest with myself in the last few months). I had been so caught up in my own train of thoughts that I had forgotten to simply be here.

This was life's way to remind me to get out of my head and be more connected to myself and to the moment.

Maybe you've had a similar experience. At that moment, the main question is: what stories are you telling yourself? **Let's face it, we all have within us the greatest storyteller of all times: our mind.** Our head is filled with constant mind chatter it's like having our own football sportscaster in our head commenting everything that is happening to us. Not only commenting, but also instructing, judging, to-do-listing, shaming, comparing, criticizing, you name it... It's not always fairies and unicorns in there... if only!

Nowadays, **abundance** is not about having more money or more time, it's about more **mind space. Being able to get out of our head and connect to our heart to enjoy the present moment.** The good news: it's free, unlimited and possible for all of us. The bad news : it takes some training to build that muscle as it's not our default way of being.

If you want to know more about how this whole works, keep reading.
And if the scientific stuff bores you 🤖, go directly to the Action part.

The science bit



One of the things that distinguish human beings from other living creatures is our **ability to think about stuff that is not around us in the present moment** - things that happened in the past or might happen in the future. This is called « stimulus-independent thought » or « **mind wandering** ».

It's our **brain's default mode of operation when we are not focused on a task**. It involves a set of regions in the brain called the Default Network. It acts really fast, is more energetically efficient and gets us to think outside the here and now to be able to learn, reason, and plan. However, it comes with a **high emotional cost**.

Our mind
wanders
46.9%
of the time!*

Half of our waking time is spent thinking about something else than the present moment even when we are supposedly busy doing a specific task.

In their study « A wandering mind is an unhappy mind » (2010), Matthew A. Killingsworth and Daniel T. Gilbert discovered that people **were not happier when thinking about pleasant topics than about their current activity and were considerably unhappier when thinking about neutral or unpleasant topics.**

And let's face it, we get so many occasions to be distracted in our lives today. We are so busy running around all the time, connected to our phones and disconnected from the world around us. Our mental load is so heavy and stress level so high. Constantly. **We value so much the action, the doing, that we forget to simply be.** Be present to the moment, the people, the beauty around us, and all the things we take for granted.

* Want to know more about « A wandering mind is an unhappy mind » research paper? It's [here](#)!

Let's Jump In!



The purpose of this guide is to share with you a **3 Step Process** with simple practices to **get you out of your head and enjoy the present moment**.

Side effects may include:*

Increased levels of Self-Awareness
Increased levels of Relaxation
Increased levels of Happiness & Fun
Reduced levels of Stress & Mental Load

* I can't be held responsible for all this goodness about to come your way. YOU are the one doing all the work!

Just before moving to the meaty part, I would like to clarify a few things to make sure we are on the same page:

#1 I am not saying being in our head is bad and the mind is true evil and we should make it our life mission to destroy it. Not at all. **The mind is extremely useful and powerful when directed with conscious intention.**

#2 I am also not saying mind wandering is always bad. Actually, **creativity is a mind wandering process enabling the connection between unrelated ideas to create something completely new.** Einstein's best ideas came to him while taking a shower. I get inspired when I sit in the bus or go for a walk in the park!

#3 This **takes practice** as it is not the default way of working for our brain and goes against how most people have been raised in Western societies.

The 3 Steps in a Nutshell

It all starts with awareness, because, guess what... (drum roll)...

You don't know what you don't know!

Oh REALLY?!

If you don't realize your thoughts have taken you some place else which is not serving you, it will be difficult to do something about it.

Becoming aware of your mind chatter, observing it, and deciding what to do about it is the first step.

The second step is to **develop new habits to create mind space** and start rewiring your brain to be more present to the moment.

The last one is the cherry on the cupcake but actually... it should be the full cupcake. **It's about fun and taking action to fall in love with your life.**

This is not a linear process, **each step is as journey which will nurture the others.**

Step 1



Step 2



Step 3



For each step, there are many techniques that exist and can be invented. I am sharing a few of them with you. I suggest you experience them as described first. Then feel free to adapt them according to your experience and your needs!

Step 1: Become a Self-Explorer



Mind chatter can be your greatest prison guard or your greatest advisor. It is up to you to decide. You can believe that voice and follow it blindly. Or you can take a step back and consider those thoughts as a message from one of the many parts within you.

YOU are not that voice. But listening to it will give you some insights to getting to know yourself.

Become aware and listen to the voices in your head

I know it sounds weird - a mash-up of Jean-Claude Vandamme (sorry for those who don't speak French, you're missing some magic) & the kid who sees dead people... The first step is to put yourself into the shoes of an anthropologist and start observing the thoughts coming to your mind. You may take a few minutes just to start listening and observing how these words make you feel. You can use the below guide to describe those thoughts.

Self-Explorer Observation Guide

The choice of words - are they gentle and positive or harsh and judgmental? Is it saying « yes, I am amazing, I can do it! » or « I am just not enough, not smart enough, beautiful enough, confident enough... »

The tone of voice - is it kind and warm or critical and cold?

The type of thought - is it commenting what you are doing or experiencing? Is it taking you back to the past or forward in the future? Is it playing the list of all the things you need to do like a broken record? Is it judging you, what you do, how you feel or other people's behaviors? Or is it a new insightful idea?

The sensations in your body - is it light and relaxed or tense, heavy and aching? Is it giving you energy or draining you? Does it make your heart beat faster with joy, pride and excitement? Or is your heart shrinking with fear, your guts twisting with stress, your chest heavy?

Take note of your observations

By observing your thoughts and sensations, part of you is **taking a step back** from the emotion and the drama king or queen living in each of us. By writing it down, the **voice loses its power over you**. Take a few minutes to write your observations.

Choice of words

Tone of voice

Type of thought

Sensations in your body

Sense what is needed

How you'd like to respond is up to you. Here are a few options:

- **Keep listening** to the voice with distance & write down what is being said.
- **Tell the voice to get lost in a polite way!** You can say something like « I have listened to you and I understand your concern but your intervention has not been very helpful to me so far. I will stop paying attention unless you have something to share that could actually be of use to me. » I know this may sound weird but this voice is a part of you so it's important to treat him/her with respect.
- **Reframe & translate.** The more you observe your voices, the more they will become familiar to you. And just like with old friends, with your partner or with your pet, you will start reading between the lines. You will start understanding how it functions, in which situations it starts babbling, and get a sense for its intention. You could be surprised and realize the intention can be a positive one: to protect you, to push you, etc... But the delivery is simply not helpful. You can reframe and translate what is being said with the right intention in mind in words that feel better for you.

Step 2: Build Mind Space Muscle



In order to **be fully present to the moment you need to focus your attention on the here and now**. This requires new habits to create mind space. No worries, you won't need to turn into a sunflower seed lover nor a Buddhist monk. The practices I am sharing with you can easily fit into your daily activities. Now, if you still think you don't have the time... well, I will let Tony Robbins tell it to you straight:

« If you don't have 10 minutes in the day, you don't have a life »

Back to the present moment

The fastest way to connect to the present moment is to focus your attention on your **sensory perceptions**. It's quick and easy and the more you do it, the easier it gets!

You can do it sitting in the bus, waiting for the tram, stopping at a red light, walking, eating, staring at your computer or at your boss during a boring meeting, preparing dinner, doing the dishes, sitting on the toilet... you get my point!

Sensory Explorations Guide

Take 10 seconds (or more, you might end up enjoying this very much!) to focus on each of your senses, one after the other (so 30 seconds in total).

Sight: start focusing your attention on what is around you, the people, their faces, the furniture, the light, let your eyes be drawn to something specific and start observing it as if it was the first time: its form, shades of colors, texture...

Hearing: then focus on the sounds around you, the various noises, voices, intonations, the words and silence between the words. Notice the sounds you didn't catch at first, even the most faintest ones. You can also close your eyes...

Sensations: finally, focus on the sensations in your body, the air entering your nose, its journey in your body, the movement of your chest, the contact of your feet on the ground, the smells around you, the taste in your mouth...

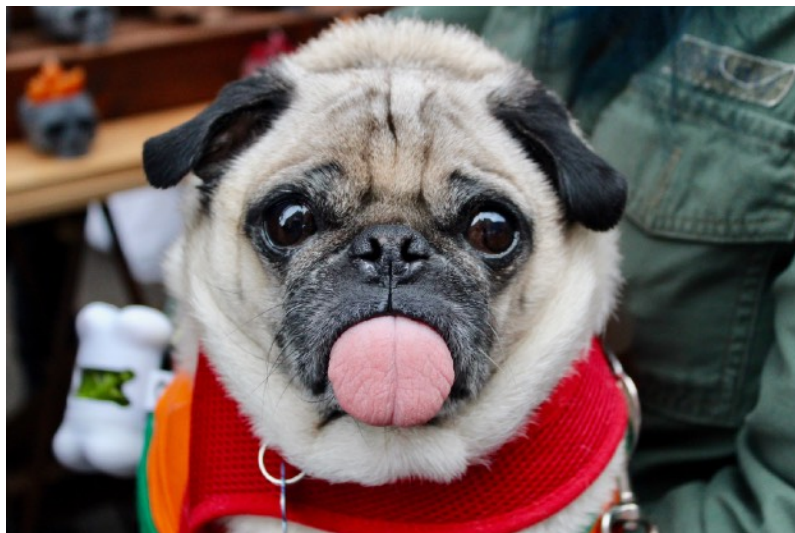
Emergency mind relief

If your head is about to explode with way too many thoughts and voices going in all directions, this is a very simple meditation that will clear your mind and create the space you need. Now relax, this is not about getting your tongue to sit in a lotus position!

Tongue Meditation

1. Take a deep breath (you can keep your eyes open or close them)
2. Place your tongue at the bottom of your mouth
3. Focus your attention on this point of contact, let your tongue take its full place
4. Estimate the weight of your tongue, really focus to let it relax and feel its full weight and guess, is it 5 grams, 10 grams, 100 grams, more?
5. Let your breathing get deeper, your thoughts slowly fading, being more distant
6. Enjoy this state as long as you feel the need

Or you can just have a look at this amazing dog!





Emergency stress relief

« OOOOH, after the dog, the cute baby picture! » No, I am not trying to turn you into a marshmallow. It's just that babies have a very special gift we've completely forgotten about. **They breathe from the belly. Naturally.**

Breath is the only physiological mechanism we can experience both unconsciously and consciously. We don't need to think about breathing for it to happen (thank God!) but we can also completely control it when we want to. Breath is also the fastest way to calm your nervous system down and relax when **you are feeling stressed out, your heart rate is accelerating, or you simply feel a lot of tensions in your body.**

Deep Breathing Practice

1. Place one hand on your belly and the other hand on your chest
2. Start breathing from your belly - there shouldn't be any movement in your chest
3. After a few breaths, take a deep inhale from the belly up to the chest
4. Hold your breath for 5 to 10 seconds
5. Exhale very very slowly
6. Hold your breath for 5 seconds (with empty lungs)
7. Inhale back again filling your belly up to the chest and continue the exercise until you feel completely relaxed

Physical activity



Body movement is also a great way to get out of your head. Walking, cycling, boxing, climbing up the stairs, dancing on your bed on 90's Hip Hop music (sorry, that's just me...), making love. And YES, by the way, sex is actually the activity with the least chance of mind wandering... in case you needed another good reason for it!

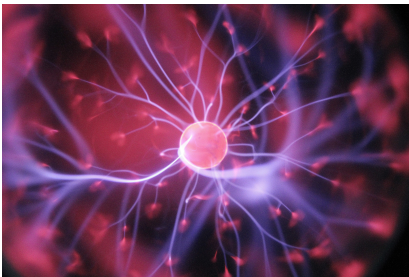
Step 3: Follow the Pleasure Trail



This is the icing on the cupcake AND the cupcake... I know, quite a lot of calories! **This last step is about fueling your everyday with as many enjoyable experiences as possible.** I know in Western culture we are carrying some past religious conditioning telling us that happiness is not to be found on Earth but to be earned for the after-life. So we tell ourselves things like « Oh, it's just work, and work is not really supposed to be fun » or « Don't enjoy this moment so much, it's not going to last ». If we see someone being too happy, we get suspicious and think there is something wrong with the person. Seriously, what is wrong with us?!

Happiness is probably the one thing every single human being longs for.

What is influencing our Happiness level?



Genetics
50%



Life Circumstances
10%



Thoughts & Actions
40%

In her book « The How of Happiness: A New Approach to Getting the Life You Want. », Sonja Lyubormisky shares that only 10% of our happiness is influenced by life circumstances whilst 40% is driven by our thoughts and actions. **When we complain about our life, it's not our actual life making us miserable but our perception of it and the stories we tell ourselves.**

Building mind space muscle is a way to minimize the « airing time » for this negative mind chatter. **But we can also change our thoughts and actions to experience more joy in every moment.** The good news: all these changes also impact the genetics component of happiness through epigenetics!



Savoring the moment

Experiencing more joy doesn't mean waiting for the extraordinary to happen. Too often we reserve our joy for the special moments. There is no limit to the stock of happiness! **Taking the time to recognize, savor and be grateful for the beauty and the magic in the everyday of life will intensifies and lengthens our positive emotions.**

Savoring Practice

For the coming week, choose each day one experience to savor. It could be a delicious meal, a walk in nature, a nice discussion with a friend, the feeling of the sun on your face. Anything that brings you joy.

Make sure you are fully in the present moment when savoring the experience. You can go back to the **Sensory Explorations Guide** for guidance.

Every evening, take some time to **write down your impressions.** You can use the space below or in your notebook.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Doing more of what you love

If it's important to find joy in the everyday, **you can also take action to live a more joyful and fulfilling life** by doing more of what lifts you up, puts a smile on your face, makes you feel like you are on the top of the world! This means you need to have some idea of what is important to you, what gives you energy. Ready for some soul digging?!



Your Top of the World moments

Those are moments in your personal or professional life when it kind of felt like **you were touched by grace**. This state is called Flow. It's when you are fully immersed in the moment, you forget the notion of time, you even forget the need to eat or to pee. In those moments you are leveraging your talents and fully aligned with what is important to you.

Think back and select 3 of those times. Narrow it down to the specific moment, the exact second when you felt at a peak.

Identify and make a list of the **special ingredients of those moments**. What were you doing, in which context, what was present for you, how were you feeling?

Top of the World Moment

Special Ingredients

Top of the World Moment

Special Ingredients

Top of the World Moment

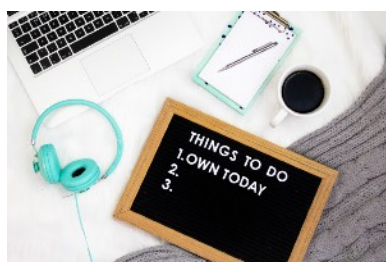
Special Ingredients

Bringing all those special ingredients together. What are the common patterns? Which words are resonating strongly with you? If you imagine a world without this word, how would you feel?

Select 5 of these words, the ones most important that you could define as your core values.

How can you further nurture these values in your daily life?

For example, if one of your values is Curiosity, you can plan to make time to learn about topics that trigger your interest. And if another value is Sharing, then you can connect with people to share what you've just learned, or write a blog article.



Write down specific action steps you can take to experience more of your values. It can be new activities or things you already do but approaching them in a way that is more in line with your values.

As a side note, this is an important exercise to do specifically when you are at a crossroad in your career and looking for more meaning in your work. It's one of the first steps of Job Crafting and is a foundation for self-discovery.

What's your New Story ?



First of all, let's **pause, take a deep belly breath, and congratulate yourself with a celebration dance** 🥳🥳! I really hope you learned some new stuff and had fun experimenting and playing with the exercises in this guide.

If

- * you are curious to **take this journey a step further**
- * you feel it's time for you to **start loving your life NOW**
- * you aspire to **craft the one that will give you meaning & fulfillment**
- * you would like to **guided through that self-discovery process** and the **removal** of any blocages, beliefs or behaviors that are limiting you

Contact Me !

I'll be happy to discuss with you during a **30 minutes discovery call**.

I am wishing you much **lightness, joy and fulfillment!**

Delphine

*There is no better
time to
fall in love
with your life than
NOW!*



Hi,

I'm Delphine

An entrepreneur, professional coach and hypnotherapist, a plant lover, 90's hip-hop dancer (especially during Greek christening parties...yes, they exist!), and much more!

I believe there is **no time to waste** waiting for the perfect job, the amazing relationship or the stars to be aligned **to start enjoying your life**. I believe the **only thing in the way** of our happiness is the **stories we tell ourselves**. Stories that we are not enough, that we don't deserve to be happy, stories we grew up with or we've internalized from our external environment.

I am dedicated to **helping you transform those stories & craft a life to fall in love with**.

I became curious and passionate about human understanding during my first life working for a large multinational corporation. That was also the beginning of my journey towards more meaning and fulfillment in my life. It is a joyful, exciting and challenging experience, all at the same time!

I'd be delighted to **hear about your own journey** and more importantly about **who you aspire to be**! Feel free to drop me an **email**. Looking forward to connecting with you!

Delphine