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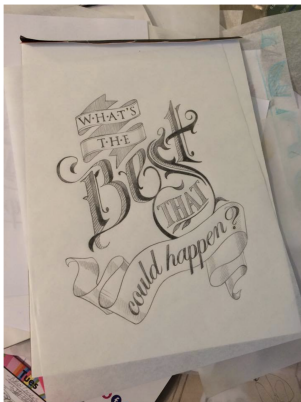
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24 August 2018

Stay in today

Dear ,



We are rarely here, right here, now. Instead, we are anticipating things that may or may not happen. "It might rain on my move-in day" or "What if a snowstorm keeps us from going?" It's not move-in day yet and it's not snowing. But the levels of anxiety about what might happen are high. I can see it in Feliks, who has four sleeps until high school. Already, the nervousness is high and showing up in short tempers and despair about the right kind of black pants to wear to high school and the right kind of lunch box to get. He's missing the last days of summer because of it.

What would happen if he could stay present, in *this* moment, as we finish out his summer? What would happen if *you* could?

And what would happen if instead of asking, "What's the worst that could happen?", we spent our lives asking "What's the best that could happen?" Things change when we shift that mindset. Try it.



Accept life on its terms in this moment. Just remember this: "It's not raining yet."

Are You a Writer? Do you want to be a writer? Need some help?

My only writing retreat for 2018 has had two cancellations due to illness. Would you like to take one of those spots? September 23-28 in the mountains of North Carolina near Asheville, NC. Lots of time for writing, feedback, and building routines to support you as a writer. You can get more information about it [here](#). Only 12 participants, so there will be plenty of individualized attention.

Lives Change at Life is a Verb Camp

There are 12 tickets left for Life is a Verb Camp 2018 (Nov 1-4, near Asheville NC). Join this amazing community for four days of workshops, inspirational keynotes, live music, and more. [Go here](#) for information and [go here to see my guest post](#) about how community is built at Camp.

Project 137 Refocuses Us on the Now

Project 137 is going strong and there's still time to join us if you'd like. We'll be exploring mindfulness and living a meaningful life every day until December 31, just in time to get you ready for the New Year. [Go here](#) for information and to register.

Love and campfires in the right now,

Patti

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