

The Power of NOW Is More Than You Think: How the Past and the Future Collide Today

A teaching on linear vs. holistic time and why right now is your most powerful moment.

KEY CONCEPT

Linear time says the past leads to today, and today leads to tomorrow. Holistic time says your past and your future are both actively shaping what you do right now. You cannot control what happened or what is ahead. What you can control is this moment.

YOUR PAST	YOUR PRESENT	YOUR FUTURE
<p>You cannot change what happened, but you can change what it means. Your past gives you lessons, perspective and awareness of patterns. Shame and guilt live here, but so does wisdom.</p>	<p>The present is where your past stories and your future vision collide. It is the only moment you actually control. Your next thought, choice, attitude and action are all available to you right now.</p>	<p>Anxiety lives here, but so does your most powerful compass. Clarity about who you want to become is the primary driver of how you show up today. Your future self is already guiding you.</p>

KEY TAKEAWAY

The meaning you give your past is in your hands. The vision you hold for your future shapes your present. And the most important moment of your life is always right now.

REFLECTION QUESTIONS

1. Think about a dominant story from your past. What did you make it mean? Is that meaning serving the person you want to become?

2. Get specific about your future. Who do you want to become? What does that version of your life look like?

3. What is the one thing you can do today to move toward that future version of yourself?

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