

# A CULTURE OF CONNECTION



## The Power of NOW

Watch the Video: <https://bit.ly/3nTE8LJ>



## DISCUSSION QUESTIONS

1. Describe what it is like when you find yourself psychologically time traveling in your mind. Are there times you do this more often?
2. Describe a time when you were in the present moment and in the flow of life. What was it like? What were you doing? How did you get there?
3. What are some techniques you use to be fully present in the NOW?

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Need help or have questions about facilitating Civilitas? Please contact our team at [civilitas@bellin.org](mailto:civilitas@bellin.org)



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We welcome your feedback. Contact us with any questions, concerns or ideas.

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