

Be Where Your Feet Are: Embracing the Power of Living in the Present



Are you constantly worrying about the future or dwelling on the past? Do you find it challenging to fully focus on the present moment? If so, you are not alone. In today's fast-paced world, it's easy to get caught up in the never-ending cycle of thoughts and distractions. However, there is a powerful concept that can

transform your life and bring you more peace and happiness - "Be Where Your Feet Are."

What does it mean to "Be Where Your Feet Are"?

"Be Where Your Feet Are" is a reminder to be fully present in the current moment. It means engaging with what is happening right now, rather than getting lost in regrets, worries, or fantasies about the future. When you are where your feet are, you are fully connected to your surroundings, your emotions, and the people around you.



Be Where Your Feet Are: Seven Principles to Keep You Present, Grounded, and Thriving

by Scott O'Neil (Kindle Edition)

★★★★☆ 4.6 out of 5

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Living in the present moment allows you to experience life more deeply and authentically. It helps you appreciate the beauty and wonders of everyday life that often go unnoticed when your mind is elsewhere. By embracing this concept, you

can enhance your relationships, reduce stress, and cultivate a sense of inner peace.

The power of living in the present

Being present offers numerous benefits to your overall well-being. Here are a few reasons why you should strive to be where your feet are:



1. Increased happiness

When you focus on the present moment, you let go of worries about the future or regrets from the past. This releases unnecessary stress and allows you to fully enjoy and appreciate the present, leading to greater happiness.

2. Improved relationships

By being fully present when interacting with others, you give them your undivided attention and show them genuine interest. This deepens connections and fosters stronger, more meaningful relationships.

3. Reduced anxiety and stress

The majority of anxiety and stress stem from thoughts about the future or past events. When you focus on the present moment, you minimize these negative emotions and create a sense of calmness and contentment.

4. Enhanced creativity and productivity

When you are fully engaged in what you are doing, without distractions or worries, your creative abilities are heightened. Being present also allows you to work more efficiently and effectively, leading to increased productivity.

5. Deeper self-awareness

Living in the present moment helps you understand yourself better. It allows you to reflect on your thoughts, emotions, and actions without judgment. This self-awareness facilitates personal growth and leads to a more fulfilling life.

Tips to practice being where your feet are

While the concept of "Be Where Your Feet Are" might seem simple, it can be challenging to implement in our daily lives. Here are some practical tips to help you cultivate presence:



1. Mindfulness meditation

Practicing mindfulness meditation is an excellent way to train your mind to stay in the present moment. Set aside a few minutes each day to sit quietly and focus on your breath. Observe your thoughts without judgment and bring your attention back to the present whenever you catch your mind wandering.

2. Engage your senses

One of the easiest ways to anchor yourself in the present is to engage your senses. Notice the sights, sounds, smells, tastes, and textures around you. Fully immerse yourself in the present moment by savoring each experience.

3. Limit distractions

Avoid multitasking and minimize distractions, such as checking your phone or constantly switching between tasks. Dedicate specific periods of time to focus on one activity at a time and give it your full attention.

4. Practice gratitude

Maintaining a gratitude practice can help you stay present and appreciate the small joys in life. Take a few moments each day to reflect on things you are grateful for, whether it's a beautiful sunset, a kind gesture, or a delicious meal.

5. Take regular breaks

Incorporate regular breaks throughout your day to reset and re-center yourself. Use these moments to take deep breaths, stretch, or go for a short walk in nature. Stepping away from your tasks can rejuvenate your mind and help you refocus on the present.

The journey to presence

Embracing the concept of "Be Where Your Feet Are" is a lifelong journey. It requires consistent practice and self-awareness. There will be days when your mind wanders, and that's okay. The key is to gently bring yourself back to the present whenever you notice that you have drifted away. Over time, being present will become more natural, and you will experience its transformative power in your life.

Living in the present moment is a choice we have the power to make every day. By embracing the concept of "Be Where Your Feet Are," we can enhance our overall well-being, deepen our connections with others, and find more joy and fulfillment in life. So, let's take a moment to pause, breathe, and be fully present in the beauty of the present moment.



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Scott O'Neil, one of America's most successful sports executives, shares seven principles to keep you present, grounded, and thriving.

When we're moving at 115 MPH, we rarely see the wall coming. But it comes for all of us and when it does, we grasp for lessons, for meaning, for purpose. Each moment (good or bad) and each win or loss, provides us an opportunity to learn, and if we choose to take it, that opportunity can change our lives-and the world-for the better. The human spirit craves connection. Authenticity. Belonging. Touch. Gratitude. Purpose. We need to make our interactions count. Whether it's the death of a friend, loss of a job, a bad break-up or the isolation of COVID-19, those who manage to be where their feet are will grow, stretch and emerge stronger, smarter and more prepared as we find peace and gratitude in the pause.

In *Be Where Your Feet Are*, Scott O’Neil, CEO of the Philadelphia 76ers and New Jersey Devils, offers his own story of grief and healing, and shares his most valuable lessons in what keeps him present, grounded and thriving as a father, husband, coach, mentor, and leader. Scott avails his network to share poignant life lessons from an array of people including professional athletes and sports executives, a world-famous Movie Director, Saudi royalty; and his teenage daughters, among many others.

Be Where Your Feet Are provides a humbling and vulnerable peek behind the curtain as well as a framework, anecdotes, and exercises to guide the reader towards self-discovery. A gifted storyteller with an uncanny ability and willingness to bare raw emotion, Scott weaves in and out of stories that have left deep imprints on him and are written to lift and inspire.



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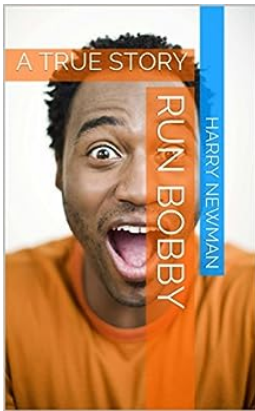
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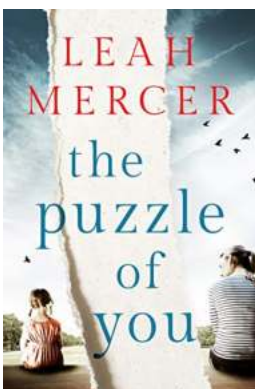
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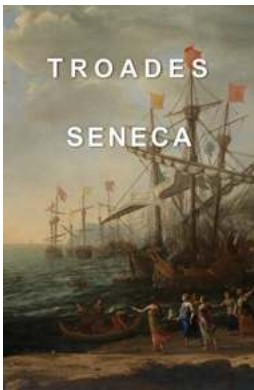
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