

Being Present

Dear Catherine,

Hope you're having a great weekend. The other day, Charles, one of my teammates spoke a little bit on being present. In this busy world of ours, we're encouraged to multi-task. Everything needs to get done now! ASAP! The brain actually is hardwired to do only one thing at a time. So you're not actually doing multiple things at once. In fact everytime you switch to the next task, your brain has to take a few micro-moments to re-adjust itself. You end up spending more energy than you need to. Results mediocre.

Be Present. World class athletes and business people compartmentalize and focus all of their energy when doing the task at hand. They don't multiple things at once. Here's what I've discovered. You don't have to be highly skilled at the task at hand. The focus of your energy and being present to the moment will carry you a long way. Your results end up exceptional.

As moms, I can understand that it may seem challenging if there is a lot of noise (proverbial noise) in your environment. The urgency and priority of all tasks is in your head. It's all the more important to take a moment to prioritize what needs to be done first. Then focus on one task at a time. You'll find that you gain peace of mind. Those around you, positively impacted!

Yours in wellness,
Cat.

Good Habits: Roll the Shoulders Back

Women, in particular, are known for having bad posture. Very simply put, working out improves posture. Therefore improves self-confidence. Self-confidence resonates everywhere in your life, especially your little ones. They do what you do. Try this:

- Roll your shoulders back.
- Keep them pressed down.
- Knife the shoulder blades together.
- Keep your sternum lifted.
- Lift your chin.

Gradually, this becomes habitual, and you will start to get comments on how great your posture is, and how strong you are!

Try it out!



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Octii Corporation | 10011-123 St. | Edmonton | Alberta | T5N 1M9 | Canada