

LIVING LIFE INTENTIONALLY

# Take a Moment



**E**VERY DAY you get 1,440 minutes. That's it; no more, no less.

Some days those minutes flow beautifully. Other days, you just can't seem to get in a groove, no matter what you try.

Whatever happens in your day, whether you're in the flow or bumping about from energized to stressed, happy to frustrated, it's the choices you make that create your experiences in those 1,440 minutes.

Obviously, how you choose to spend your time shapes your day. But your mindset has an even bigger impact – often in surprising ways. And it's easy to get caught up in the details of your daily life and focus on “doing,” forgetting about the “being” part.

That's why you need to take a moment. Just one. You'll have 1,439 left to do all that other stuff.

In May, I had the opportunity to hear Carlo Petrini, founder of the Slow Food Movement, speak in Raleigh. He was there to talk about his passion: food traditions and the relationships between food producers and consumers. I found all of it thought provoking, but what most grabbed my attention was his comment about time: “Life isn't really short, it's actually quite long. We just burn through it.”

For over thirteen years I've been singing – loudly – from the

“life is short, choose wisely” songbook. I still believe that. No matter how long your life turns out to be, it's far too short to fritter away on choices you don't feel good about, or on things that won't matter when you look back on them. But Mr. Petrini is right about the pace at which we live. With a relentless focus on fitting it all in, on getting things done, we forget to savor our experiences. Even when you're making choices that reflect your priorities, if you're just going, going, going and doing, doing, doing, you're rushing through your life.

It reminded me of a conversation I had a few years ago that ended up giving me the proverbial “smack on the side of the

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“What choices will you make about how you experience your time each day?”

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head.” I was in the midst of several very busy projects and said to a friend, “My life is really crazy right now, I'm looking forward to getting through these projects.” It was just a casual comment, in the middle of a very ordinary conversation.

Then I hung up the phone and actually heard what I'd said.

My life was busy, not crazy, although I sure was making it feel that way with my thinking and my language. But the real shocker was the realization that I was wishing time away, want-



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ing to hurry up and get to the end of these projects. And these were projects I really wanted to be doing - and I definitely do not want time to go by any faster than it already is! In Carlo Petrini’s words, I was burning through a piece of my life.

Without even noticing, I’d gotten so focused on the “doing” part of my work I forgot to choose how I wanted to “be” while in a very busy state. And it’s certainly not crazy and chaotic; it’s calm and fully present.

I made some changes back then to check in with myself a few times a day, to ask the question, “How am I living today?” Most of the time I do pretty well at it. I accept when I don’t. And so I’m grateful to Mr. Petrini for reminding me to slow down and enjoy the moment.

What choices will you make about how you experience your time each day? Maybe you’ll take a few minutes to step outside, close your eyes, and feel the sun or a warm breeze on your face. Perhaps you’ll bring your full attention to each thing you do – working with a client, filling the cereal bowl for your kids, or standing in line at the grocery store – and notice all the details you might otherwise miss. Or on those days when nothing is quite going the way you

want, maybe you’ll simply feel gratitude for the opportunity to come off cruise control.

Dan Millman, athlete, spiritual teacher, author and filmmaker, writes, “There are no ordinary moments.” Your options are infinite, but most important is making a conscious decision about how you want to live each day. No matter what else you do, take a moment and notice how you’re moving through your 1,440 minutes. In fact, take several. Every day. It’s just a tiny fraction of the time you have. And that’s not a very big investment to help you live your day the way you want to live your life. |

sexy is back.



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