

Be Present Labyrinth



When you feel your productivity waning simply trace your finger along the white path of this labyrinth to the center circle and back out. Then focus back on what you want to create or produce.

For even greater benefits synchronize your breath. As you move your finger along the first circuit inhale, when your finger moves into the next circuit exhale. Continue alternating your exhale and inhale until you arrive in the center.

Keep your finger on the center point and close your eyes for a few breaths. Then trace the return journey, synchronizing your breath with the turns until you are out of the labyrinth. Explore alternating fingers and hands each time you do it.

Do this practice at the beginning of creative, productivity sessions as a way of ritualizing the transition from one area of focus to the next. You will notice an increased focus and presence, and this results in satisfying productivity throughout your day.