

How I stopped overworking and achieved more

1. Live in the present

- ◆ **What I learned:** Stop dwelling on the past or future.
- ◆ **Practical tip:** In moments of frustration (e.g., traffic jams), shift focus to something positive (like music) to stay grounded.

2. Observe your thoughts

- ◆ **What I learned:** Become a witness to your thoughts without attachment.
- ◆ **Practical tip:** Use apps like [Mental Walk](#) to reflect on thoughts and emotions without letting them control you.

3. Embrace acceptance over resistance

- ◆ **What I learned:** Accept the present moment rather than fight it.
- ◆ **Practical tip:** Practice patience, even with difficult people, to create a calm environment.

4. Find your path through pain

- ◆ **What I learned:** Suffering can lead to enlightenment if embraced.
- ◆ **Practical tip:** Journal your emotions to process pain and promote personal growth. Tools like [Diarly](#) can help.

5. Practice presence daily

- ◆ **What I learned:** Make mindfulness a regular habit.
- ◆ **Practical tip:** Use apps like [UpLife](#) for daily guided meditations to center your focus.



Actionable tips to embrace the now



Start with morning rituals

Ground yourself with a mindful routine



Have mindful meals

Slow down and savor each bite



Walk in nature

Reconnect with the present moment through outdoor walks



Create a quiet space

Set aside a peaceful corner to recharge



Celebrate your achievements

Reflect on your daily wins, no matter how small

Does it all work?

Getting better at mindfulness takes time and practice. On tough days, just remember that even little steps toward being present can lead to real change.



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