



Roadside Reflection: Tips and Action Steps for Don't Miss the View: Noticing and Appreciating the present

In the rush to get to the next meeting, next event, or next milestone, we often miss the beauty of what's right in front of us. "Don't Miss the View" is a reminder to pause, notice, and be fully present where you are—because this mile matters too.

Why It Matters

- You experience more of life. Presence helps you appreciate the people, work, and small wins happening right now.
- You gain clarity. A quiet mind sees what truly matters and responds with intention.
- You build stronger connections. Being present deepens trust and makes others feel heard and valued.
- You protect your energy. Slowing down helps manage stress and prevents burnout.
- You bring your best. When fully engaged, your work is more focused, meaningful, and impactful.

Tips for Being Present at Work

1. Start your day with clarity. Take 5 minutes to write down your top 3 priorities for the day.
2. Close tabs—literally and mentally. Keep only what's essential open on your screen or desk.
3. Give people your full attention. When talking to a colleague or client, pause your typing and turn to them.

4. Notice wins in real time. Celebrate a good meeting, a meaningful conversation, or a task completed.
5. Use “pause points.” Between meetings or emails, take a breath and check in with yourself.

Tips for Being Present at Home

1. Transition intentionally. Take a short walk, change clothes, or do a breathing exercise before shifting from work to home.
2. Put your phone away—on purpose. Set specific phone-free times (like dinner or bedtime routines).
3. Be where your feet are. Focus on your current surroundings—what do you see, hear, smell, or feel?
4. Create mini rituals. A 10-minute game with kids, evening walk, or coffee chat with your partner can build presence.
5. Say one grateful thing out loud. Every day. Even if it’s small.

Road Signs You’re Missing the View

- You finish a task but can’t remember doing it
- You feel disconnected or distracted during conversations
- You judge your day by how much you get done.
- You’re always planning “what’s next” but rarely appreciating “what’s now”

Action Steps

- Pick one work and one home tip to try this week. Write them down and check in with yourself after 3 days.
- Share the view. Ask a coworker or family member: What’s been a bright spot for you this week?
- Snap a “present moment” photo. Something ordinary that feels meaningful today—your desk, your lunch, the sunset.

Remember: The road ahead will always be there. Don’t miss the view that’s right outside your window.