



## NOW MOMENTS

This document provides instructions and questions for the Now Moments exercise. You can use this process on your own as a way to “check in” with yourself on a regular basis (for example, every 3-6 months) or as a way to regroup during times of stress.

The questions should be answered using a style of writing called freewriting. When you freewrite, you don’t worry about spelling, punctuation, grammar, or anything a teacher told you to always remember. If you have such a teacher or other censor that figuratively sits on your shoulder, you want to knock them off and mentally get them out of the room for this exercise. You should write continuously even if you cannot think of anything in response to the question asked. Sometimes you need to make a grocery list, vent, or ramble about something else that is on your mind before you can answer the question. This is fine... just keep writing! You can write or type; however, when you type you may find that you tend to correct mistakes. This often brings out the editor in you who makes judgments. This freewriting process is meant to try to make the editor, judging part of you be “still.” If handwriting is difficult because you don’t do it often, try resting in between the questions.

Use this freewriting style to answer the following 10 questions. Set aside at least 30 minutes of quiet time. Get a timer. Write for at least 90 seconds per question; you may write longer if you choose. If you can’t think of anything to write for a question, just start writing anyway and keep writing. You might write, “I can’t think of anything” over and over. Ideas will occur to you if you keep writing that will not occur if you just sit and think.

1. What do you like about your work?
2. What frustrates you about your work?
3. What kinds of things are you putting your energy into either at work or away from work?
4. What kinds of things are you struggling with either at work or away from work?
5. If you had a magic genie, what would you command it to do to solve one or more problems?
6. Who are the people who are important to you? Write about them a little bit.
7. What are your dreams and hopes?
8. Now this one might seem kind of strange. Name an image or picture that describes your life right now. My life is like a roller coaster, up one second and down the next. Or my life is like banana pudding, it tastes good, but I’m drowning in it. (If it’s hard for you to answer this, write over and over again “What is my life like, what is my life like?” and see if anything comes to you.)
9. What do you hope to get out of this writing exercise today?

10. List some things you do to take care of yourself.<sup>1</sup>

Writing will often take you places you didn't know you were going to "visit." You may write very private things that you don't want anyone to know. Let yourself do that and then pick and choose what you are willing to tell others. If you write something risky and no one should see it, then tear it up when you finish. You do not have to keep your writing to benefit from having written answers to these questions.

### ***Reflection Questions***

Once you have finished writing answers to the questions above, the following questions may help you to reflect and find meaning.

1. Did you gain any insight?
2. Did you see any patterns?
3. Did anything surprise you?
4. Did anything please you?
5. Did anything concern you?
6. Can you identify any action you should take?

While these reflection questions can often be helpful, you may also find that you benefit from simply answering the Now Moment questions and waiting for insight at a later time.

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