

THE GRID SYSTEM

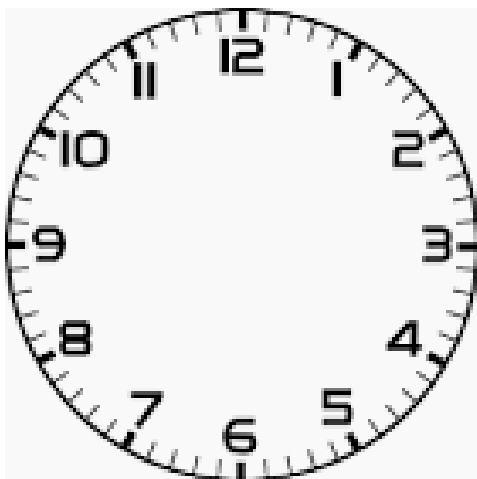
# It's Now O'Clock

WORKBOOK  
The power of NOW



THERESA AGOSTINELLI, LCSW

- 01** THE POWER OF NOW
- 02** LETTING GO OF THE PAST
- 03** OVERCOMING ANXIETY ABOUT THE FUTURE
- 04** MINDFULNESS PRACTICES
- 05** GRATITUDE & APPRECIATION
- 06** EMBRACING UNCERTAINTY
- 07** CULTIVATING PRESENCE



# **CONTENTS**

# THE GRID SYSTEM

CREATING MORE OF WHAT'S GOOD  
IN YOUR LIFE



**Professor Theresa Agostinelli, LCSW**

# IT'S NOW O'CLOCK

## **Welcome to "The Power of Now: It's Now O'clock**

In this short workbook, we will explore the essence of living in the moment and how to make the most of every minute of your life by living with the theme of Now O'clock

### **Chapter 1: The Power of Now**

Living in the moment is about fully experiencing the present without being burdened by thoughts of the past or worries about the future. The present moment is all we have guaranteed, and by embracing it, we can find true happiness and contentment.

**Reflection: What am I most happy about right now, today?**

# IT'S NOW O'CLOCK

## **Chapter 2: Letting Go of the Past**

Many of us carry the weight of past experiences, regrets, or failures. However, living in the moment requires letting go of these burdens. Acceptance and forgiveness are key components of freeing yourself from the past and fully embracing NOW.

**Reflection: What do I need to accept right now, about my past to be fully free from guilt, anger, unforgiveness, regret, etc?**

## **Chapter 3: Overcoming Anxiety About the Future**

Fear and anxiety regarding your future is common in all of us, but it can prevent us from fully enjoying the present moment.

# IT'S NOW O'CLOCK

While planning is important, worrying excessively about what is to come only robs us of the joy of now. Learning to trust our inner guidance system and enjoy the journey of the process of growth and change will help us focus on what we can control and help alleviate this anxiety.

**Reflection: What is one area that I am fearful of or feeling anxious about regarding my future? What can I focus on right now, that feels right in my life to override my negative feelings?**

## **Chapter 4: Mindfulness Practices**

Mindfulness is a powerful tool for living in the moment. Practices such as meditation, deep breathing, and body scans can help you become more aware of the present moment and cultivate a sense of peace and calm.

# IT'S NOW O'CLOCK

**Reflection:** Where can I go right now, to stop for a moment, close my eyes and be still? Take a few deep breaths on focus on your body, your mind, your spirit.

## **Chapter 5: Gratitude and Appreciation**

Practicing gratitude allows us to fully appreciate the richness of the present moment. By acknowledging the blessings in our lives, big and small, we can cultivate a deeper sense of joy and fulfillment.

**Reflection:** What or who am I grateful for right now, and how can I express that?

## **Chapter 6: Embracing Uncertainty**

Understanding that everything is temporary and accepting the fact that life is going to be uncertain at times can help us appreciate each moment more fully. By embracing

# IT'S NOW O'CLOCK

uncertainty , we can savor the beauty of life and let go of attachment to outcomes.

**Reflection: What is one area in my life that right now I need to detach from in order to make room for better days? (is it a relationship, a job? bad habit? self defeat?)**

## **Chapter 7: Cultivating Presence in Daily Life**

Living in the moment is not something that happens overnight; it requires practice and commitment. By incorporating small acts of mindfulness into your daily routine, such as pausing to notice your surroundings or savoring a meal without distractions, you can cultivate a greater sense of presence in your life. Reflection: Who is one person I can reach out to keep me accountable in my journey to living my best life?



# IT'S NOW O'CLOCK

Living in the moment is a choice we make every day. By letting go of the past, releasing anxiety about the future, and embracing the present with gratitude and mindfulness, we can experience greater joy, peace, and fulfillment in our lives. So, let's make every moment count and call it "Now O'clock" – the time to live fully and completely in the present.

To reach out to me, please feel free to email me or call me and let's get you where you need to be!

**Theresa Agostinelli**  
**Tagostinelli3@gmail.com**  
**610.808.7401**

[HTTPS://WWW.PROFWITHPURPOSE.COM/](https://www.profwithpurpose.com/)

IT'S NOW O'CLOCK

# KNOW THY SELF



THERESA AGOSTINELLI

LICENSED CLINICAL  
PSYCHOTHERAPIST