

## PNC to Center

Let Participants know that developing their ability to PNC is like building a muscle. It takes doing it repeatedly to make it a daily habit.

Pause for a moment. Take a deep breath or two.

Where are you now?

Are your thoughts in the past, the future, about yourself or someone else?

Notice where your thoughts are and decide if you want to stay with them or let them go and choose to be present in this moment.

Tapping into your senses to fully experience and appreciate this moment that will be like no other.

You are the boss, do what serves YOU!

