# Being Present in the Moment – Picture This





Take a look on this image and see what’s wrong in this situation, there is a group of construction workers who are breaking more than one or two rules and violations. They don’t appear to be consciously thinking about what they are doing wrong and how dangerous it is. Being aware and awake rather than operating unconsciously. When you’re consciously present at work, you’re aware of two aspects of your moment-to-moment experience—what’s going on around you and what’s going on within you. To be present at work means to be consciously present in what you’re doing, while you’re doing it, as well as managing your mental and emotional state.