

## 3 HABITS THAT ARE STEALING YOUR MEMORABLE MOMENTS (& HOW TO RECLAIM THEM)

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Birthdays, anniversaries, holidays – our lives are sprinkled with special moments of celebration, joy, sentimentality, and love that we want to remember years down the road. The ironic thing is, it seems like the more we try to make them a picture-perfect memory, the less present we are in the moment. Here are some sneaky habits that can steal away our memorable moments – and how to reclaim them.

### **Living behind your phone**

Snapping some pictures and recording a few videos is pretty much par for the course nowadays. That's all well and good. What's problematic is when you're *living behind your phone*, recording **every** moment digitally instead of being present in the moment and recording the moment in your mind. Don't get so caught up in posting a photo to your social media that you miss out on what's happening right in front of you.

*Reclaim the moment:* Try to get any pictures you want done right away or set a limit on how much you'll have your phone in your hand, then tuck it away. Focus on being fully present with each other and taking everything in naturally. You might find that you're enjoying yourself so much that you totally forget about using your phone, and that can be a freeing feeling.

### **Being too stuck on your "plan"**

Sometimes you have plan for how you want things to go, or an image in your head of your ideal scenario. Say you reserved your favorite table with a view for your anniversary; it was the same table you sat at the night you got engaged, so it holds extra meaning. Cut to reality: they've double-booked your table, and the only one available is next to the kitchen en route to the restrooms. It could be easy to let this spoil your evening, sulking and complaining instead of simply enjoying each other's company.

*Reclaim the moment:* Allow yourself to feel disappointed, but don't dwell on it. You're still on a date with the person you love, right? Consider how you can take advantage of this turn of events and still make this a meaningful, memorable night. Maybe you skip dessert at the restaurant and find your new favorite ice cream shop and share laughs over a new inside joke about bathroom tables. Things are not always going to go as planned, so learning to make the most of those times is clutch.

### **Getting mentally distracted**

At times it's hard to turn off the to-do list in your head. *What about that email from my boss? What are going to have for dinner tomorrow night?* Meanwhile, your partner is giving you an irritated look because they've just repeated their question twice, and you still haven't answered.

*Reclaim the moment:* If you feel other things vying for your mental attention, take one minute to jot them down, then dismiss the distracting thoughts. Focus your freed up mental energy on the here and now.