

Pledge to Be Present Ball State TC Social Justice Book Club

"There is only one time that is important-NOW! It is the most important time because it is the only time that we have any power."
Leo Tolstoy

The Benefits of Being Present

1. Improved social skills.
2. Improved creativity.
3. You appreciate your experience more.
4. Stress release.
5. Less overthinking.
6. Openness.
7. Playfulness.

The top 3 things that have the potential to distract me this year:

- 1.
- 2.
- 3.

The top 3 things that have the potential to distract me this week:

- 1.
- 2.
- 3.

Three things I can do to remain present:

- 1.
- 2.
- 3.

My Social Justice Superpower: _____

"I give myself permission to focus on the Teachers College Social Justice Book Club and the group while we are meeting. I am doing exactly what I need to be doing right now. What I invest now will benefit me in the future."

"I am here." Signed _____

Date _____

Printed First/Last Name _____

Adapted by Hernández Finch & Hulse 2017 from BSU SoTL workshop 2012 and 7
Awesome Reasons to Be Present and How to Do It by Henrik Edberg (www.positivityblog.com).