



## Living in the present

Talking about the management of time always conceals something chimerical, something impossible. We all know fantastic theories and solutions, but the enemy that we face is vast, colossal: *our* management of time.

Hence, we find the approach of **Santiago Alvarez de Mon** appealing, in the video we present this month in conjunction with **THD**. To speak about satisfactory time management, he avoids talking about diaries and takes us straight to Carpe Diem.

We cannot just organize our professional time, but we have to reflect on the way we live. He invites us to:

- Learn to live in the present: use it, make the most of it.
- Distinguish the important from the trivial.
- Focus our mind on the here and now (the past is nostalgia, the future is unknown).
- Focus on one thing at a time.
- Enjoy the process.
- Train the mind to be at peace with the present.

Nothing he tells us is easy to achieve, we know. But we also believe it is easier than trying to manage our diaries well with a scattered and restless mind.

So let's return to the days of our ancestors and recover the Carpe Diem, live for today, make our days broad and present and perhaps we will end up with the bright smile of Bruce.

And as for our diary... We'll see!



### On a Sunny Day

We remind you that on our website this month you will find a new video of our friends of **Thinking Heads Digital** Thank you for sharing knowledge with all of us! (This month available only in Spanish)

**Santiago Álvarez de Mon – Gestión del tiempo. Bienestar y Productividad.**

