

Tips on Shifting from Doing to Being

Shifting from "doing" to "being" is a profound change that moves you from constantly seeking external validation and productivity to finding peace and contentment in the present moment. This transition isn't about stopping all activity, but rather changing your relationship with it.

Here are some tips to help you make that shift.

1. Practice Mindfulness

Mindfulness is the foundation of being. It's the practice of paying attention to the present moment without judgment. This helps you break free from the cycle of future-oriented worry and past-focused regret.

- Start with just a few minutes a day. Sit quietly and focus on your breath. When your mind wanders, gently bring your attention back to the sensation of air entering and leaving your body.
- Integrate mindfulness into daily activities. Try to be fully present when you're washing dishes, walking, or eating. Notice the sights, sounds, smells, and sensations.

2. Redefine Your Self-Worth

For many, a sense of self-worth is tied directly to accomplishments. To shift into being, you need to decouple your value from your output.

- Acknowledge your inherent worth. Recognise that you are valuable simply for existing. Your worth isn't determined by your career, your income, or your to-do list.
- Challenge your thoughts. The next time you feel guilty for "doing nothing," question that feeling. Ask yourself, "What would happen if I just rested? Am I truly less worthy if I'm not being productive?"

3. Embrace Rest and Non-Productivity

In a "doing" culture, rest is often seen as a luxury or a sign of weakness. In a "being" culture, it is essential.

- Schedule "being time." Put it on your calendar just like an important meeting. This could be an hour of reading, a walk in nature, or simply sitting on your porch with a cup of tea. The goal is to do something purely for enjoyment, with no desired outcome.
- Unplug. Regularly disconnect from your phone, email, and social media. These tools are designed to keep you in a state of constant "doing" and can make it difficult to be present.

4. Cultivate Gratitude

Gratitude shifts your focus from what you lack or need to do, to what you already have.

- Keep a gratitude journal. Each day, write down three things you're genuinely grateful for. They don't have to be monumental; they can be as simple as a warm cup of coffee or a beautiful sunset.
- Express gratitude to others. Telling someone you appreciate them can reinforce your own sense of contentment and connection, helping you feel more present and less focused on your own actions.