

# Master the Art of Living Well by Jim Rohn

One of the major reasons why we fail to find happiness or to create unique lifestyle is because we have not yet mastered the art of being.

While we are home, our thoughts are still absorbed with solving the challenges we face at the office. And when we are at the office, we find ourselves worrying about problems at home. We go through the day without really listening to what others are saying to us. We might be hearing the words, but we aren't absorbing the message.

As we go through the day, we find ourselves focusing on past experiences or future possibilities. We are so involved in yesterday and tomorrow that we never even notice that today is slipping by. We go through the day rather than getting something from the day. We are everywhere at any given moment in time—except living in that moment.

Lifestyle is learning to be wherever you are. It is developing a unique focus on the current moment, drawing from it all of the substance and wealth of experience and emotions that it has to offer. Lifestyle is taking time to watch a sunset. It is listening to silence. It is capturing each moment so that it becomes a new part of what we are now and what we are in the process of becoming. Lifestyle is not something we do—it is something we experience. And until we learn to be there, we will never master the art of living well.