

“Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it.”

Eckhart Tolle

Storytelling in small groups or through personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Tell of an experience where you accepted what was happening in the present moment as if you had chosen it.**
- 2. Share a story when you did not accept, or acknowledge, what was happening in the present moment and what happened after that.**
- 3. Share your thoughts or feelings about choosing to “work with it, not against it” whatever life is bringing you in the present moment.**

Check out and download more small group storytelling reflections and prompts at:

<https://lifesjourney.us/storytelling-in-small-groups-menu/>

©2021, David Tillman, all rights reserved - www.lifesjourney.us