

Caroline Welch

The Gift of Presence

Topic #4 Pacing - Discussion Guide

Welcome Presence Groups, Book Groups, Workshops, Spirituality-based Groups, and all others!

PACING begins with Presence. Only with an open and clear mind can we discern our priorities in order to pace ourselves. Pacing concerns taking a wider view of our lives and its many chapters so that we can be free of trying to do it all, all at once. Pacing also involves the speed at which we take life in and supports us in single-tasking, slowing down, and regulating the time spent on our devices.

1. What life chapter are you in right now?
2. What would it be like for you to savor your current life chapter, knowing that you will eventually get to the other priorities and aspirations you have?
3. Share an experience or two you have had with multitasking and consider whether or not it has worked for you.
4. Do you think that allowing time between your commitments and appointments is wasted time? If so, consider a reframe: Transition time is essential for our rejuvenation.
5. Do you feel that your days are hectic and perhaps even a blur? If so, what can you let go of?
6. How much time do you spend on your phone or other digital devices each day?
7. What is one way that you can envision yourself regulating your screen time?
8. How would it feel for you to slow down?
9. How do you feel after you have spent a few minutes (or more) on Facebook, Instagram, or some other social media platform?
10. Does taking a wider view of your life, such as over a two or three week period, give you a deeper sense of being able to manage your multiple roles and responsibilities?