

Several ways to “Seize the Day.” Reports of interview respondents.

- “Morning workouts and evening walks are very much a part of my life, and have added quality to my daily experiences in many ways—health, reflection, clarity, creating spaciousness, meditation . . . to name a few.” (Everyone I asked mentioned exercise.)
- “Making a mental list of those things for which I feel gratitude to balance my life view.”
- “Connecting with people energizes me, linking me to the past and at the same time increasing my appreciation of the present moment.”
- “Listening to music touches me on a non-cognitive, emotional level that helps the present moment become more fully alive.”
- “Learning new things about the world through reading, listening, and viewing.”
- “Setting goals and reflecting about my ‘stage in life’ helps me overcome inertia and to think about what I want to do.”
- “Looking for the humor in everyday events is emotionally helpful and energizing.”
- “Cooking healthy meals like a pot of vegetable soup is satisfying.”
- “Taking a cup of coffee to the patio in warm months and reading the paper. It’s a quiet activity, and I like the smell and ambiance of the outdoors.”
- “Keeping my eyes peeled for things that need fixing in the house. When I’ve nailed down another problem, I feel fulfilled somehow.”
- “Putting on my gear and my helmet and firing up my motorcycle. I am transformed. I become totally engrossed in the activity of riding, steering, leaning, hyper alert and in the moment.”
- “Talking with my adult kids just about every day.”
- “Falling asleep every night I think about something in my day that made me feel like the work I do is worthwhile. It’s not really a prayer, but has that kind of feeling, just a recognition of something that affirms my effort.”
- “Appreciating nature whenever I have a chance to do so. I go outside and look at the geese that frequently fly over my house. I drive by the lake at every opportunity.”