



*The Simple Rules of Dogs:  
How to Live with  
Uncomplicated Joy*

- 8 Helpful Guides -

## *Live in the Moment*

Dogs don't dwell on the past or worry about the future. Whether they're chasing a ball or enjoying a belly rub, they are fully immersed in the present moment.

This ability to live in the now is something many of us struggle with. We often get caught up in regrets or anxieties about what's to come. But true joy comes from being present.

How we can apply this:

- **Mindfulness:** Practice mindfulness through meditation or simply taking a few moments each day to focus on your surroundings and your senses.
- **Letting go:** When you find yourself ruminating on the past or stressing about the future, remind yourself to let it go and embrace the present.

