

A FREE GUIDE FROM THAT MOMENT



That Moment

PAUSE • BREATHE • BECOME

7 Days to Your Moment

A guided journey through your wellbeing toolkit

Pause. Breathe. Become.

One journey. Seven meaningful moments.

That Moment is designed as a journey, with each experience preparing you for the next. Over seven days, this guide will take you through the website in its intended order, helping you to understand how each experience works as part of one practical wellbeing tool.

The That Moment Journey

- 1 **Arrive** – understand the purpose and meet yourself where you are.
- 2 **Check-In** – recognise and name what is present.
- 3 **Release** – put down what you no longer need to carry.
- 4 **Breathe** – settle yourself and create space for what comes next.
- 5 **Receive** – make room for a new thought, feeling or possibility.
- 6 **Reflect** – use writing to understand what the moment has shown you.
- 7 **Return** – repeat the whole journey or choose the tool you need.

*“The power to change any moment is
always within you.”*

Follow the days in order the first time. Afterwards, return to the full journey or choose the tool that meets the moment you are in.

BEGIN AT thatmoment.life

The full journey begins with arriving exactly where you are...

1

Arrive at “That Moment”

Before anything can change, first arrive.

TODAY'S PRACTICE

- 1 Open “That Moment” and read the purpose behind the space.
- 2 Pause long enough to notice how you have arrived.
- 3 Let go of the idea that you need to feel a certain way.
- 4 Be open to accept the power of change.
- 5 Choose to move through the journey with honesty, not perfection.

Carry This Into Your Day

Three times today, stop whatever you are doing for ten seconds and ask yourself, “How am I feeling in this moment?” Don't try to fix it. Just notice it. The purpose today is to simply to become more aware as you move through your day.

Reflection Prompt

Being present in the moment is truly powerful...

“The moment you acknowledge where you are is the moment change can begin.”

TAKE THIS STEP ON THE WEBSITE “That Moment” HOMEPAGE

BEGIN THE JOURNEY

thatmoment.life

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Check-In with yourself

Now you have arrived, pause and recognise what is present.

TODAY'S PRACTICE

- 1 Choose the feeling that most closely matches this moment.
- 2 Name it without trying to explain it away or change it.
- 3 Notice what your body and thoughts may be telling you.
- 4 Allow yourself to sit comfortably with these feelings and emotions. Accepting how you feel is the first step towards change.

Carry This Into Your Day

Each time your mood noticeably changes, name the feeling in one word. Happy, Frustrated, Calm, Anxious, Excited, Tired. You do not need to analyse it. Simply notice: "My feeling has changed."

Reflection Prompt

What I am feeling right now creates an awareness for change...

"What you can name, you can begin to understand."

TAKE THIS STEP ON THE WEBSITE : DAILY CHECK-IN

COMPLETE YOUR DAILY CHECK-IN

thatmoment.life/daily-check-in

3 Release what you are carrying

Let go of what you no longer need to move forward with you.

TODAY'S PRACTICE

- 1 Write down the thought, feeling or frustration you are carrying.
- 2 Read your words back to yourself out loud.
- 3 Acknowledge what the feeling has been trying to tell you.
- 4 Use the release ritual to let go of what you have been holding in.

Carry This Into Your Day

Choose one small thing you are willing to stop carrying today. It may be a thought, an irritation or something someone has said. When you notice yourself returning to it, say quietly, "I have already chosen to release this." Then deliberately place your attention somewhere else.

Reflection Prompt

I am ready to stop carrying that which does not serve me...

"Release that which no longer needs to weigh you down."

TAKE THIS STEP ON THE WEBSITE : ENERGY WELL

ENTER THE ENERGY-WELL

thatmoment.life/energy-well

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Breathe and create space

After release, use your breath to settle and create room for what comes next.

TODAY'S PRACTICE

- 1 Sit comfortably and let your shoulders soften.
- 2 Breathe in for four counts and then hold for four counts.
- 3 Breathe out for four counts and then hold for four counts.
- 4 Repeat gently and notice the space that is now opening inside of you.

Carry This Into Your Day

Choose three ordinary moments today – before you leave the house, before you get into your car or before answer a phone call – and take one slow, deliberate breath before you continue. Begin creating a small space between what is about to happen and how you respond.

Reflection Prompt

***When you focus on your breath, you quiet the noise.
You are present...***

“When you create space within yourself, possibility has room to enter.”

TAKE THIS STEP ON THE WEBSITE : BREATHING ROOM

ENTER THE BREATHING ROOM

thatmoment.life/breathing-room

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Receive at the Manifestation Wall

The Manifestation Wall turns the space you have created into your positive new direction.

TODAY'S PRACTICE

- 1 This is the receiving stage: consider what you now want to welcome into your life.
- 2 If you are using a mobile device, turn your screen to landscape.
- 3 Let your mind imagine what you want to manifest and feel what you are thinking.
- 4 Allow your feelings, your emotions and your energy change, it is here you will find "That Moment."

Carry This Into Your Day

Focus your thoughts on the things you desire in your life: Love, Happiness, Abundance... Then look for evidence of it during your day. If you chose love, then notice love, if you chose happiness, notice happiness. Direct your attention toward what you have chosen to reinforce its energy.

Reflection Prompt

***In-order to have something you must first feel it.
Only then can you receive it...***

*"What you repeatedly choose to see, feel and believe will become
the direction of your life."*

TAKE THIS STEP ON THE WEBSITE : MANIFESTATION WALL

EXPERIENCE THE MANIFESTATION WALL

thatmoment.life/manifestation-wall

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Reflect through writing

Reflection turns a passing feeling into something you can understand and use.

TODAY'S PRACTICE

- 1 Return to the words or feelings that stayed with you yesterday.
- 2 Write freely without correcting, judging or editing yourself.
- 3 Notice any pattern, need or possibility revealed by your words.
- 4 Finish with one type of realistic intention today.

Carry This Into Your Day

At the end of the day, write three short things: Something you noticed about yourself. Something that felt different today and something you want to carry into tomorrow. It does not have to be profound. One sentence for each is enough.

Reflection Prompt

What I write become the lessons of my journey so far...

"When you write with honesty, you give your inner world a voice."

TAKE THIS STEP ON THE WEBSITE : [WRITE-IN JOURNAL](https://thatmoment.life/write-in-journal)

WRITE IN YOUR JOURNAL

thatmoment.life/write-in-journal

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Create your return ritual

"That Moment" is a journey you can return to whenever life asks for support or direction.

TODAY'S PRACTICE

- 1 Review the journey: arrive, check in, release, breathe, receive and reflect.
- 2 Notice which step supported you most and which one you need today.
- 3 Choose a regular moment when you can return to the website.
- 4 Remember: you can begin the full journey or just the tool you need.

Carry This Into Your Day

Choose one small ritual you want to realistically continue after these seven days: a morning check-in, one conscious breath before reacting or one simple line of writing each evening before you go to bed, imagining the life you want to create. Choose just one you will actually continue .

Reflection Prompt

That which feels right will always lead you towards change...

*"The instant you feel like you have what you want, in
"That Moment" then everything changes."*

TAKE THIS STEP ON THE WEBSITE : YOUR "That Moment" RITUAL.

RETURN WHENEVER YOU NEED

thatmoment.life



Your next moment

You have now experienced That Moment as it was intended: not as a list of features, but as a connected journey back to yourself. Return from the beginning when you need a full reset, or choose the step that meets the moment you are in.

YOUR THAT MOMENT RETURN RITUAL

- Arrive, check in and name what is present.
- Release what you are ready to put down.
- Breathe and create space for what comes next.
- Receive the next moment, reflect in your journal and return.



SCAN TO RETURN

VISIT THAT MOMENT