

Purposefully Present

Temporal Lens

The time-related perspectives we can adopt when considering a decision.
Past, present, and future

Time Orientation

The temporal lens that we habitually use more than the others when it comes to our behavior and decisions

What is one mindfulness activity you can take back to your campus? When can you encourage it?

Bella De Vita | CASL Director of Operations

Bella.devita@caslboard.com



 @caslfan  www.caslfan.com

Join us from April 11-13 (MS) or April 13-15 (HS) in Ontario for the 2024 CASL State Conference!

tinyurl.com/purposefullypresent

