

WALK YOUR TALK

Living Fully While Dying

A reflection from Tom LeNoble

During our time together, we explored a simple but powerful truth.

Every one of us is living while dying.

That sentence can sound heavy at first, yet it holds a surprising gift. When we remember that life is precious and finite, our choices become clearer. We begin to pay attention to what matters most.

Many of us live in what I call **Phase One**.

We are living fully without much regard to dying. Life is busy, productive, full of plans and expectations.

Then sometimes life moves us into **Phase Two**.

A challenge, illness, loss, or unexpected change reminds us that time is not guaranteed. In those moments, the noise falls away and we begin to see what truly matters.

And eventually we arrive at **Phase Three**.

We realize we were living while dying all along. This awareness does not make life smaller. It makes life richer, more intentional, and more meaningful.

The invitation is simple. Do not wait for a crisis to remind you to live. Live deliberately now.

Consider these questions as you move through your week.

What truly matters to me right now?

Where do I want to place my attention, energy, and love?

What conversation might I be postponing?

Is there something kind, honest, or important that wants to be spoken?

What small moment deserves my presence today?

A walk, a sunrise, a shared laugh, a quiet breath.

What act of courage is asking for my attention?

Sometimes courage is a big step. Often it is a small one...a baby step.

How can I bring more awareness into my ordinary moments?

The extraordinary often lives inside the ordinary.

A SIMPLE PRACTICE

Each morning this week, take a quiet moment and ask yourself:

“If today truly matters, how will I live it?”

Then let your choices reflect that answer.

Unity Affirmation

I am present to the life that is unfolding within me and around me.

I honor the gift of this moment.

I choose to live with awareness, compassion, and courage.

I trust the wisdom of life guiding my path.

Today, I live fully.

Life is not measured only by how long we live.

It is measured by how fully we choose to live while we are here. -Tom LeNoble