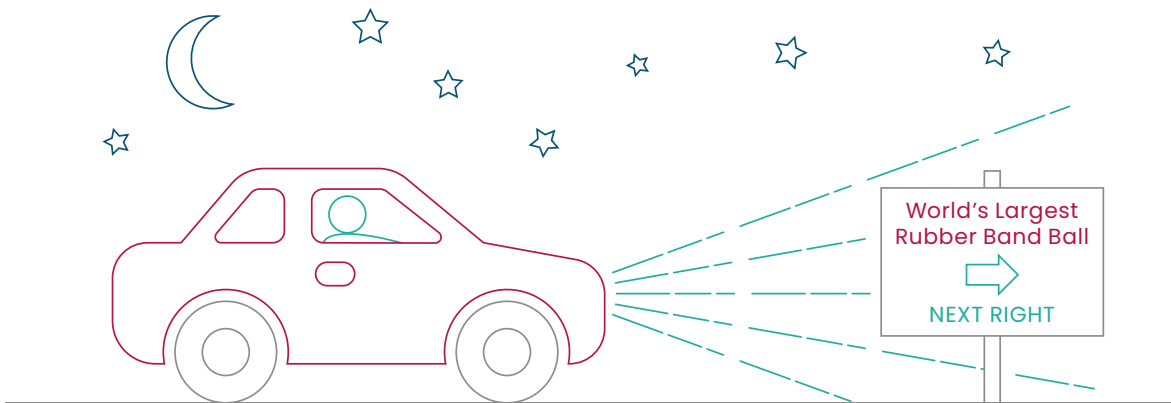




# Headlight Strategy



## What is it?

So often we get ahead of ourselves, thinking further down the road than we really need to be, and missing precious moments of what is happening right now. With something good or exciting on the horizon, this can make you feel happy or excited. Alternatively, when I get stressed, I can pinpoint it to those moments where I am thinking ahead and not thinking my best. Or, I'm creating problems that haven't even happened yet, or anticipating something worse than my reality would truly project.

## What do we miss when we look too far on the horizon, beyond our headlights?

The headlight strategy is all about staying present and focusing on the limited view of the path ahead. You are driving at night with only a car's headlights to illuminate the path. So even though we may know we are driving, for instance, from Boston to San Francisco, a path over 3,000 miles, we can only see 30 yards ahead of us. With this in mind, the strategy is intended to help keep us present to what is, to check in with how we are feeling in the moment and focus on the road we are on. We decide if and how we want to respond to signposts we see.



**The greatest teacher is what is immediately in front of you.**



— Ivan M. Granger & Rashani Rea, *Gathering Silence*