

**BROOKLYN\_BORN** [Change Banner Image](#)**154,963**  
SparkPoints

Info



Photos



Feed



Blogs



Awards

More



## Age Quod Agis – not exactly Carpe Diem – but complementary advice

*Tuesday, September 09, 2014*

What most people don't know about me is that I studied Latin for 5 years. I've got big medals to prove it. I would have been a Classics major in college if I thought I could make a living at it, but I'm very practical too.

As a math/computer science teacher, "Age Quod Agis" was posted on the front wall of my classroom, along with "80% of Life is Showing Up."

The phrase means "Do what you are doing" in the sense that you should concentrate and give full attention to the task at hand.

I would often find my students doing homework in my class for whatever course they had the next period. I learned that they would similarly rush to complete math homework while sitting in some other class.

The obvious result is that they were never giving complete (or any) attention to the class they were in at the time, sadly with predictable outcomes.

Multitasking has become normal in our lives and research is conflicted as to the effect of this. Definitely, one should give full attention to driving and not text at the same time, but other areas seem to be fair game. In fact our pressure filled lives and 24/7 connectivity often seems to require it.

I woke up feeling rather blah this morning. I had a lot on my mind and I wasn't doing a good job tackling any of it.

Good old Spark People email.

Sometimes I think they read my mind.

One of the links was: "One Minute to a Healthier You"

[www.sparkpeople.com/resource/wellness\\_articles.asp?id=1557](http://www.sparkpeople.com/resource/wellness_articles.asp?id=1557)

I took note of the good advice and finally got down to the last suggestion.

#20 Be Absolutely Present

"When we are wrapped up with work, to-do lists, and just getting by, sometimes we can forget to focus on what we are doing in the here and now. Try spending a minute just being. Focus on sounds, smells and whatever else is going on around you; instead of thinking ahead to what you'll do next think about what you're doing right now. You'll be amazed at how peaceful you feel. Just be!"

So Good Morning Spark Friends.

[Add a Blog Entry](#)

See Today's Featured Member Blog Posts

### More Blogs by BROOKLYN\_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

I'm feeling refreshed and ready to concentrate on task #1.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

## Member Comments About This Blog Post



**KELLIEBEAN**

I have read that article many times to remind myself of the important points and being present is something I always need to work on. My mind is always in five or six different directions.

A scene from the movie People Like Us has always stayed with me:

Sam: My father, he always said 'lean into it.'

Josh: What does that mean?

Sam: It means that the outcome doesn't matter. What matters is that you were there for it — whatever 'it' is, good or bad. Kinda like right now.

This has run through my head on numerous occasions!

2464 days ago

V



**KANSASROSE67**

Words I need to remember!

2465 days ago

V



**SPARKNB**

Both wise pieces of advice on your wall! I like the Latin too; my dad, from Europe, learned Latin and Greek in school, and always thought my American education was lacking because I only knew 3 languages (no Latin nor Greek) (he knows 9).

Yep, I find Spark very positive and motivating, pretty much every time.



PS-I was also a math-science teacher.

2465 days ago

V



**ADRIENALINE**

Studies have proved that the human brain can't multi-task just switch back and forth from task to task very quickly. I love the Latin. It reminds us to make sure we are giving our all to the task at hand.

I am a Manhattan born math/science person who moved to Cali many years ago to work as an engineer. I taught Math and Science when my kids were small. Maybe we are kindred spirits. Visit my webpage and read about me.

2466 days ago

V



**LINDAKAY228**

This is an excellent blog and so true! We are so busy anymore we never are really present.

The old saying about stopping to smell the roses still holds true! We have to relearn to be present in the moment!

2466 days ago

V



**MISCHAKEO**

That article has good ideas. I am multi tasking at work „but that often occurs when you are teaching. I find doing yoga helps me focus on the present and feel more useful.

Enjoy that water in task 1.

2466 days ago

V



**WATERMELLEN**

Super blog: I've got a small reminder to "Be Here Now" in my room . . . and I try!!

2467 days ago

V



**ONEKIDSMOM**

**AWESOME** advice. I shall try to take it more often!

2467 days ago

V



**DOVESEYES**

Well Said! I Agree

2467 days ago



**TRAVELGRRL**

Great reminder -- thanks!!  
2467 days ago



**PHOENIX1949**



2467 days ago



**CD14815535**

As a fan of multitasking at work--it was the only way I got things done--I have a hard time 'allowing' myself to focus on one thing at a time now that I'm retired. It's definitely a work in progress. P.S. Your post brought back memories of conjugating Latin in my 8th grade Catholic school--they were good memories, too!  
2467 days ago



Comment edited on: 9/9/2014 3:59:39 PM



**SUBMOM2**



For me, multitasking leads to multifailure.  
2467 days ago



**CELIAMINER**

Needed this, thanks.  
2467 days ago



**GINIEMIE**

Good advice. I'll go just be in front of the table that I can't see a square inch of because it is covered with papers-most of them important and needing to be logged or filed others need the file 13. I'll go to it-and as I eat my lunch today I'll try to remember that also.  
Thanks Elaine.



2467 days ago



**IFDEEVARUNS2**

I'm with you. Multitasking isn't often a good thing.  
Be present!  
2467 days ago



**CD4114015**

This is definitely the word of the day/week/month I guess. ALICIA363 had in her blog yesterday, "don't eat when eating" (don't shovel another piece of food in before you're done with the one in your mouth) or...as you said, "Be absolutely present" and I for one need this really bad...I have not gotten the mindful eating thing yet!



for a GREAT blog (again)!  
2467 days ago



**SARAWALKS**



2467 days ago



**LEWILL1982**

I'm taking a nutrition course right now and the topic du jour is mindful eating. As with being present, eating well, being healthy and focusing on one thing at a time, it's all mental. We have to practice eating mindfully, we have to practice doing one thing at a time, we have to practice being present and not tuning out. Great reminder -that's two today for me, I should take heed!  
2467 days ago



Comment edited on: 9/9/2014 10:13:25 AM

## Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

☐ Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

**Post Comment**

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.