

# Espresso Moments

**A LITTLE BOOKLET ABOUT  
THE MOMENTS THAT MATTER  
FOR A RICH LIFE**



**“20 MINUTE READS”**

**BY CHRIS MEINTJES**

# Espresso Moments

*20 minute reads that can make a real difference in  
your life*  
*By Chris Meintjes*

*“The trouble is, you think you have time!”*  
*Buddha*



*This and all my publications are dedicated to the one person I have invested the most time with on my journey through life, Shelby. We have stolen so many moments together and hopefully will continue to do that for many more years to come. Thanks for joining me and bringing the morning sunshine to my world.*

# The single chair - an introduction to Espresso Moments

In my twenties, while visiting Florence, I noticed something really curious. Many of the street-side cafés had small tables with only a single chair. At first, it seemed odd, why design a space for just one person? But as the morning unfolded, I saw workers pause there for ten or fifteen minutes, sipping an espresso before returning to their day.

When I asked the café owners about it, they explained: these moments matter. They reduce stress, give perspective, and allow people to take a breath for themselves. That image stayed with me, a single chair, a single cup, a single pause. Over time, I realised it was more than a cultural quirk. It was a metaphor for life.

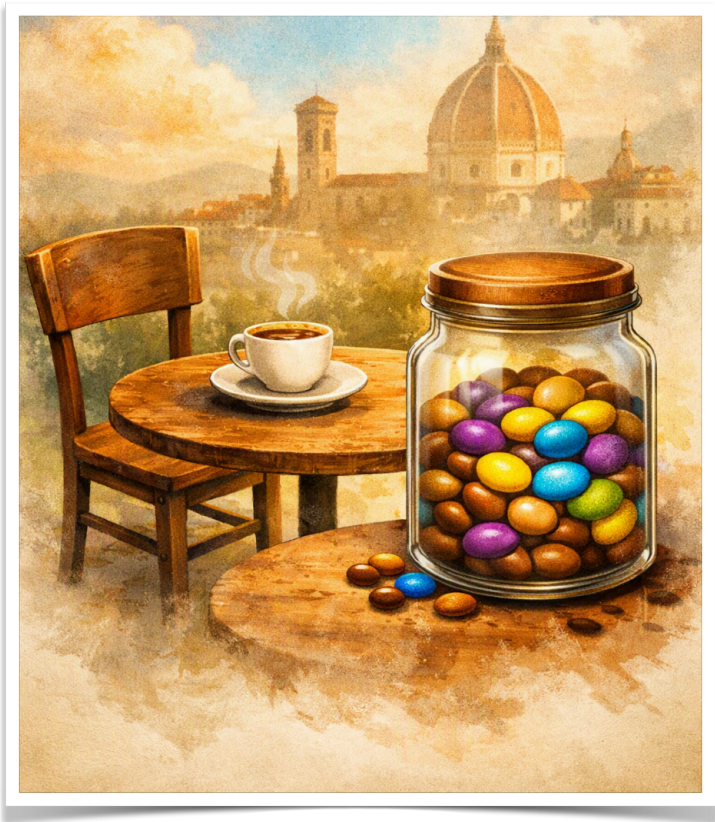
In our fast paced, demanding world, we rarely stop. We spend our hours, on others, often without joy, and feel guilty when we rest. But these “espresso moments” remind us that pausing is not wasted time. It is invested time, in wellbeing, in clarity, in resilience.

As my career unfolded, I discovered that the most important ingredient in my happiness was not just achievement, but the time I invested in experiences that nourished me: travel, writing, restoring furniture, water sports, hiking. These weren't hobbies; they were essential espresso moments, small but powerful deposits into my wellbeing.

Today, I live with clear intent: to seek out espresso moments every day. To invest in myself, my family, and the things that bring joy. This pursuit of meaning echoes the wisdom of Viktor Frankl and spiritual traditions worldwide, that purpose and meaning are directly linked to happiness, peace, and wellbeing.

Many of my clients arrive feeling frazzled, overwhelmed by busy lives, and yearning to reconnect with their core. This booklet is for them, and for you. Espresso Moments are essential to wellbeing.

My hope is that these pages help you design a pathway back to yourself, so you can focus on yourself and only yourself, for a few moments every day.



Success and happiness are rarely the result of constant motion. Instead, they often come from the ability to pause, reflect, and invest in oneself. **Espresso moments**, those small, intentional breaks, are a life technique embraced by many of the world's most fulfilled individuals.

- **Oprah Winfrey** begins each day with quiet reflection and gratitude, grounding herself before the demands of leadership.
- **Bill Gates** schedules “think weeks,” stepping away from routine to read, reflect, and generate new ideas.
- **Arianna Huffington** champions rest and micro-breaks, showing how wellbeing fuels creativity and resilience.
- **Richard Branson** takes time for exercise and family every day, keeping balance at the heart of his entrepreneurial energy.

These examples remind us that **investing in yourself daily is not indulgence, it’s strategy**. By pausing for espresso moments, successful people sharpen their focus, protect their health, and sustain the joy that makes achievement meaningful.

Espresso moments are the brightly coloured beans in the jar of life. They are the pauses that allow energy to refill, creativity to spark, and perspective to return. When practiced daily, they become the foundation of both success and happiness.

*“Where in your day can you sit alone, even for ten minutes, and reconnect with yourself?”*

# The Importance and value of Espresso Moments



Life rarely slows down on its own. The demands of work, family, and routine fill our jars with brown beans (hours that may be necessary but not fulfilling) until the day feels consumed. That is why **espresso moments matter**. They are intentional pauses, small, vivid breaks that refresh the mind, restore balance, and remind us of what is precious. These moments are essential!

Espresso moments are not one-size-fits-all. Their power lies in their **personal alignment**, the way they reflect who you are, what you value, and how you restore yourself. For one person, it may be ten quiet minutes with a journal; for another, a brisk walk along the coast; for someone else, a playful conversation with a friend. The key is that these pauses resonate with your core, not someone else's checklist. When espresso moments are chosen authentically, they become sustainable practices that nourish your unique rhythm of life. They are not generic breaks, but **tailored investments in**

**your own wellbeing**, ensuring that the bright beans in your jar are truly yours.

- For **health**: these moments reduce stress, lower tension, and give the body space to recover.
- For **focus**: they sharpen attention, allowing us to return to tasks with clarity.
- For **wellbeing**: they create space for joy, reflection, and self-care.
- For **happiness**: they connect us to meaning, relationships, and passions that make life feel alive.

Espresso moments differ for each person, but the principle is universal: **without pauses**, we can **burn out**; **with pauses**, we can **flourish**.

## Fun Examples of Espresso Moments

Here are some simple, resonant ways to place bright beans in your hours jar (*see 'The Hours' booklet that shares insights on the value of understanding how you spend your time*):

- **Sip a coffee alone**, ten minutes of stillness before the day rushes in.
- **Read three pages** of a book you love.
- **Call a friend** just to laugh together.
- **Step outside** and feel the sun or breeze on your face.
- **Stretch or breathe** for five minutes between tasks.
- **Listen to a song** that lifts your spirit.

- **Sketch or doodle** without worrying about the result.
- **Walk slowly**, not to get anywhere, but to notice.
- **Write in a journal**, a quick reflection or gratitude note.
- **Cook something simple**, enjoy the process, not just the result.
- **Notice nature**, birdsong, clouds, flowers.
- **Sit in silence**, claim your single chair.

There are so many opportunities to steal a short espresso moment and these opportunities can also be very specific to you, your interests, your passions. As long as they recharge you.

Espresso moments are like the **bright beans in your personal jar**, each one chosen for its colour, texture, and meaning. They are not generic beans scooped from someone else's jar; they are yours, reflecting your unique rhythm and values. For one person, a crimson bean might represent ten minutes of meditation; for another, a golden bean could be a morning swim; for someone else, a deep green bean might be time spent tending a garden.

When you choose espresso moments that align with who you are, they become sustainable practices rather than borrowed habits. They carry your signature, your energy, your joy. Just as no two jars look alike, no two sets of espresso moments should be identical. The art lies in **curating your own palette of pauses**, filling your jar with beans that truly nourish you.

In this way, espresso moments become more than breaks — they are daily acts of self-recognition, reminders that your life is not lived in imitation but in authenticity.

# What are not ‘Espresso Moments’?

Not every pause is restorative. Some breaks drain rather than renew, leaving us more scattered than before. Espresso moments are intentional, chosen with care, but distractions masquerading as pauses are not the same thing. Scrolling endlessly through social media, checking emails between meetings, or rushing through lunch while multitasking may look like breaks, but they lack presence, reflection, and joy. These are time-spending habits, not time-investing practices.

An espresso moment is defined by its ability to give back energy, clarity, or connection. If the activity leaves you depleted, distracted, or restless, it does not belong in your jar of bright beans.

These are activities that drain rather than refresh:

- **Scrolling social media**, reactive, not restorative.
- **Checking emails**, task-driven, not intentional.
- **Multitasking breaks**, eating lunch while working.
- **Complaining** or **gossiping**, drains energy.
- **Mindless TV binge**, passive distraction.
- **Worrying thoughts taking up all your time**, not a pause, but a spiral. Worrying does not solve tomorrow's problems but steals from the peace of today!

# Excuses We Use Not to Pause

Even when we know the value of pausing, we often resist it. Our minds are quick to invent reasons, “too busy,” “not important,” “I’ll rest later.” These excuses disguise themselves as logic, but in truth they are barriers that keep our jars filled with dull beans instead of bright ones. Naming these excuses is the first step to breaking their hold and reclaiming time as an investment in ourselves.

- **Too busy** “I don’t have time.”
- **Not important** “It’s just a luxury.”
- **Guilt** “I should be working instead.”
- **Habit inertia** “I’ve always done it this way.”
- **Perfectionism** “If I can’t do it properly, I won’t do it at all.”



# Making Espresso Moments a Daily Practice

Espresso moments only reveal their full power when they move from occasional pauses to daily rituals. Like brushing your teeth or brewing your morning coffee, they become part of the rhythm that sustains you. By choosing moments that align with your values and repeating them consistently, you create a practice that not only restores energy in the moment but also reshapes the way you live your hours.

## Positive Impacts of Daily Espresso Moments

- **Reduced stress** - *calming the nervous system and lowering tension.*
- **Improved focus** - *sharpening attention and clarity for work and life.*
- **Greater resilience** - *building the capacity to bounce back from challenges.*
- **Enhanced creativity** - *opening space for new ideas and insights.*
- **Stronger relationships** - *pausing to connect with others meaningfully.*
- **Deeper wellbeing** - *cultivating joy, gratitude, and presence.*

# Turning Espresso moments into a daily practice

Espresso moments are not just pauses, they are anchors for a richer life. When chosen intentionally and practiced daily, they shift from being occasional breaks to becoming a rhythm that enhances every part of your day. These moments of presence and renewal ripple outward: they sharpen focus, restore energy, deepen relationships, and cultivate joy. By weaving them into your routine, you transform ordinary hours into invested hours, filling your jar with bright beans that sustain both success and wellbeing.

Espresso moments become truly life-enhancing when they shift from occasional pauses to **daily rituals woven into your rhythm of living**. Like adding bright beans to your jar each day, the practice is about consistency, not perfection. Here are ways to make it part of your everyday life:

- **Start small:** Choose one moment each day, five minutes of reflection, a short walk, or a mindful breath. Small beans still brighten the jar.
- **Anchor to routines:** Tie your espresso moment to something you already do, morning coffee, lunch break, or evening wind-down. Anchoring makes it automatic.
- **Personalise your beans:** Select moments that align with your values and personality. A creative person might sketch; a reflective person might journal; a social person might call a friend.
- **Protect the pause:** Treat your espresso moment as non-negotiable. Block it in your calendar, just as you would a meeting.

- **Reflect and adjust:** At week's end, notice which beans gave you energy and which felt forced. Refine your practice so it stays authentic.
- **Celebrate consistency:** Success is not in the length of the pause but in the regularity. Each day you add a bright bean, you invest in your wellbeing.

## The Ripple Effect

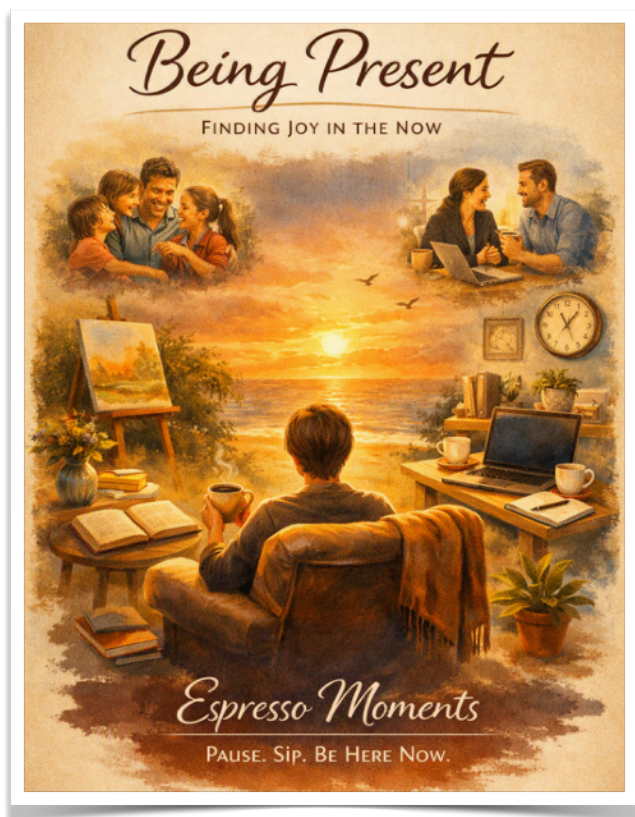
When espresso moments become daily practice, they ripple outward:

- Stress softens.
- Focus sharpens.
- Creativity sparks.
- Relationships deepen.
- Joy becomes a steady companion.



*“What small pause could you claim today that would change the tone of your next hour?”*

# Being Present — The Power of Now



To live fully, we must learn to be present, not just in body, but in attention. The present moment is where life actually happens: where opportunities unfold, where connection deepens, and where joy quietly waits to be noticed.

When we dwell on the past, we replay regrets and missed chances. When we fixate on the future, we rehearse worries that may never arrive. In both cases, we abandon the only place we can truly act, this moment.

# Being present means showing up:

Presence begins with a choice, the decision to truly show up for life rather than rush through it. It's the quiet art of noticing, listening, and engaging with what's right in front of you. When we are present, we stop living in fragments and start living in fullness. Each espresso moment becomes a doorway back to ourselves, a reminder that life's richest experiences unfold not in the blur of doing, but in the stillness of being.

- Present for your family, listening, laughing, noticing the small things.
- Present for your work, focusing deeply, creating with intention.
- Present for your friends, sharing time that feels real, not rushed.
- Present for yourself, stealing espresso moments that refresh and restore.

Each pause, a walk, a breath, a sip of coffee, is a doorway back to presence. These are not escapes from life; they are entries into it.

## Espresso Moments as Anchors of Presence

Espresso moments are your daily practice of returning to now. They remind you that life is not lived in the blur of deadlines or the echo of yesterday's mistakes, but in the clarity of this breath, this view, this conversation.

When you are present, you notice more, appreciate more, and stress less. You begin to see that the world doesn't need to slow down, you simply need to stop long enough to feel it.

*“What does being fully present feel like in your body?”*

# In summary

Every day, our jar fills with beans that represent every hour of our day. Most are **brown beans**, the hours spent on routine, obligation, and maintenance. They keep life functioning, but they rarely bring us closer to meaning. The true transformation comes when we choose to place **bright beans** — the hours invested in wellbeing, growth, passion, and connection.

Espresso moments are the simplest way to add **colour to the jar**. They are small, intentional pauses that refresh the mind, restore focus, and remind us of what matters most. Whether it is reading a few pages, sharing laughter with a friend, or stepping outside to feel the sun, these moments multiply their value far beyond the minutes they take.

- For **health**, they reduce stress and restore balance.
- For **focus**, they sharpen clarity and prevent burnout.
- For **wellbeing**, they create joy and resilience.
- For **happiness**, they connect us to meaning and relationships.

The lesson is simple yet profound: **time spent disappears; time invested multiplies**. By claiming espresso moments each day, we shift from surviving to thriving, from routine to resonance.

Your jar will always hold brown beans. But when you choose to add bright ones, even a handful, the whole jar changes. It becomes a story not of hours lost, but of hours invested in health, focus, wellbeing, and happiness.

*"Espresso moments are not luxuries. They are the bright beans that make life worth living."*

*"Just for you: claim your espresso moments, fill your jar with colour, and let your hours become a story of purpose and joy."*

## **Coaching Invitation**

Through my coaching, I help clients cultivate presence, to design lives and workdays that include intentional pauses, reflection, and renewal. Together, we create a rhythm where espresso moments become anchors of focus, clarity, and wellbeing.

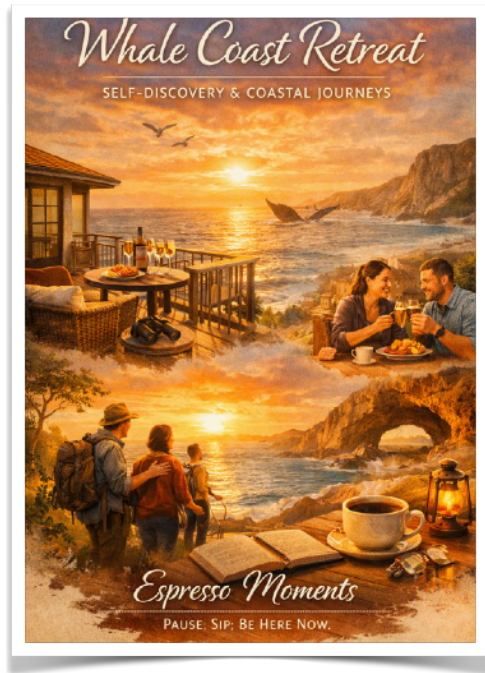
"Be here. Be now. Find your single chair, take your espresso moment, and let presence transform your hours into meaning."

"Your hours are your life. Invest them wisely."

Every day offers you beans to place in your jar. You can spend them in distraction, or you can invest them in presence, purpose, and passion. Espresso moments are not luxuries, they are lifelines. They are the single chair designed just for you, where clarity, focus, and renewal meet.

If this resonates with you, please book a free session with me to explore the value this could have for your life, your career, your relationships.

# Whale Coast Retreat



One of my favourite coaching experiences is when clients visit me where I live, along the Whale Coast, Western Cape, South Africa. They book into a two day, two night experience that includes:

- **Guided Themed Walks** - explore shipwreck stories, coastal legends, and the timeless rhythm of nature.
- **Espresso Moments in Nature** - pause to listen to birdsong, the wind, and the sea; reconnect with yourself through mindful reflection.
- **Coaching for Clarity** - uncover your passions, purpose, and direction using Chris's proven methodology.
- **Local Hospitality** - stay in a sea-view guesthouse, dine at award-winning restaurants, visit award winning breweries and

wineries and coffee shops, and return home inspired and rejuvenated.

- **Moments of Stillness** - sunrise walks, sunset reflections, and quiet hours for journaling and planning your next chapter.

**Purpose:** This is more than a getaway, it's a guided transformation. Whether you're navigating stress, seeking clarity, making a big decision, or simply wanting to reconnect with your partner, these two days offer space to rest, recover, and rediscover meaning.

- A **coaching retreat** designed for reflection and renewal.
- A **tourism experience** rich in history, nature, and storytelling.
- A **personal journey** toward clarity, purpose, and peace.

As a part of adopting espresso moments into your life, I strongly recommend going on a retreat at least twice a year, on your own or with your special person. Use the time to rest, reflect, listen, be present. It can make a significant impact and difference for you as a person, your health, your clarity, your direction, your ability to perform and succeed and ultimately your happiness.

*"Find your single chair designed just for you.  
Fill your jar with brightly coloured beans of  
value. Create a daily practice that transforms  
hours into meaning."*About the Author



My name is Chris and I am a master time thief. I have been alive more than half a century, but I have stolen as much time as I can to experience this amazing world and this challenging life we lead. The road I have travelled is most probably the road less travelled but it has in my case made all the difference. My life is made up of many precious moments and I think that I have discovered how rich these moments can be and how they can feed a life that is full, rich, meaningful and happy. I do not have lots of money but I feel extremely rich and fulfilled. I steal espresso moments every day and they make a big difference too how I feel about my every day. I often think if today was my last day, would I have been happy with it?

I hope I can share what I have learned with you, it is not rocket science, it is just a few simple principles that can carry you towards a life of purpose and meaning. I look forward to meeting you and sharing what I have learned and adding value to your journey and your daily lives. Come and journey with me towards a happier life.

*“If you were a master time thief, what moments would you steal back today?”*

# ***Notes***

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# *Espresso Moments:*

Daily Practice Invitation

*Pause with Purpose*

*Reflect & Refill*

*Embrace Joy*

*Live Intentionally*

*Start Your Day, Fill Your Jar*

One Bright Bean at a Time

Contact Chris at <https://time4lifecoaching.com> to book a free session