

Savoring

Review your morning routine, your daily activities, and your evening rituals, and consider how much time you spend noticing and enjoying the pleasures of the day, both small and large. Every day for the next week, be sure to savor at least two experiences (for example, your morning coffee, or the sun on your face as you walk to your car). Spend at least 2-3 minutes savoring each experience.

Day 1: The two things I stopped to savor today were:

- 1) _____
- 2) _____

Day 2: The two things I stopped to savor today were:

- 1) _____
- 2) _____

Day 3: The two things I stopped to savor today were:

- 1) _____
- 2) _____

Day 4: The two things I stopped to savor today were:

- 1) _____
- 2) _____

Day 5: The two things I stopped to savor today were:

- 1) _____
- 2) _____

Day 6: The two things I stopped to savor today were:

- 1) _____
- 2) _____

Day 7: The two things I stopped to savor today were:

- 1) _____
- 2) _____