

R.E.A.L GoalsSM: Practicing the Art of Savoring

(Realistic, Easy, Attainable, Life Goals)

Example: For the next seven days, I will practice the art of savoring by picking one past, present, or future positive experience to savor each day.

Definition: Savoring happens when you actively think about and appreciate your positive experiences and emotions. Savoring keeps you in the moment and helps you to really enjoy what you are experiencing.

Benefits:

- Strengthens and prolongs positive emotions
- Improved mental and physical health
- Increases mindfulness
- Builds positive memories

Things to think about:

- Take a few moments to think about a joyful, funny, or memorable experience that happened or that you are looking forward to.
 - Think about the people, the sounds, smells, and sights you experienced or will experience.
 - Try to re-create the positive emotions you felt or expect to feel.
 - Notice if any other positive experiences come to mind.
 - Take a breath and notice how you are feeling now. Are you smiling? More relaxed?
- Practice savoring in the moment – Pay attention when something positive is happening.
 - Notice the positive feelings you are experiencing.
 - What leads to positive feelings?
 - Hold on to the moment a little bit longer – close your eyes and breathe in the feeling.
- Ways to enhance savoring
 - Share it – tell someone about it or post a message on social media.
 - Show it – express your positive feelings by smiling, laughing, and carrying it into the next thing you do.
 - Practice gratitude.
 - Write down or journal what you savored.

Learn more:

- [The Science of Well-Being](#) by Yale University
- [Savoring Visualization Exercise](#)
- [Ten Steps to Savoring the Good in Life](#) by Greater Good Magazine

Explore more [Real Goals and Supplemental Resources](#)

For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)