



## R.E.A.L. Goal<sup>SM</sup>: 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 we actively think about and appreciate our positive experiences and emotions. Savoring keeps us in the moment and helps us to really enjoy what we are experiencing.

### Benefits:

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

### 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 lead to the positive feelings?
  - Hold on to the moment a little bit longer – close your eyes and breath 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.

### Check out these links to learn more:

- The Science of Well-Being by Yale University:  
<https://www.youtube.com/watch?v=AEY8vjAhQ6Y>
- 4 minutes Savoring Visualization Exercise: <https://www.youtube.com/watch?v=NMuM2FFfIZU>
- 10 Steps to Savoring the Good Things in Life:  
[https://greatergood.berkeley.edu/article/item/10\\_steps\\_to\\_savoring\\_the\\_good\\_things\\_in\\_life](https://greatergood.berkeley.edu/article/item/10_steps_to_savoring_the_good_things_in_life)

To choose another goal, go to: <https://www.deancare.com/wellness/real-goals>

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)