

Week 4: Savouring

Savouring is when we attend to, appreciate and enhance the positive experiences in our life.

There are lots of different ways that we can savour an experience, and it is good to try and do a variety of things. This worksheet can be a helpful start to help build your awareness of when you are savouring or trying out new ways of doing it.

Show the positive emotion (fist pump, jump up and down etc.)	Express the Emotion	deliberately pay attention to the pleasant experience
Share and celebrate with others	Focus on the feeling you have when something good is happening.	Good Things in Life exercise
Congratulate yourself	Try and remember of anticipate something positive happening	Take a mental picture of a moment

What was happening/ What I was doing?	How I felt? How I savoured that experience?