

# savor the moment

Marinate the mind in gratefulness. What are you thankful for now?

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**Sense**

Take in all you can with your senses. What do you see, smell, hear, taste, and touch?

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Wish yourself and others well. How can you expand the moment by including others?

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**Appreciate**

Notice vitality and aliveness. How does this moment enliven you?

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**Vitalize**

**Open your heart**

**Rest**

Surrender and soften into the savoring experience. What does it feel like?