WORKSHEET **The Kitchen-Table Quiz**

Tick every line that sounds like you, then count your ticks in each group. The group with the most ticks is probably the move you skip most often.

SPOT

☐ I often realize a day was nice only when someone else points it out.
☐ I can get through a whole meal without noticing what it tasted like.
☐ My mind is usually on the next thing, not this thing.

SAVOR

☐ When something good happens, I move on within a few seconds.
☐ I enjoy things more when I look back than while they're happening.
☐ I feel guilty slowing down when there's still stuff to do.

STORE

☐ By Monday, I can't remember much about the weekend.
☐ When someone asks about a trip, the hassles come to mind first.
☐ I rarely look back at old photos, cards or messages.

SHARE

☐ I keep good news to myself so I don't seem like I'm showing off.
☐ When someone tells me their good news, I say "That's great" and move on.
☐ I rarely tell people what they did that made my day better.

My ticks: Spot _____ Savor _____ Store _____ Share _____

My weakest move: _____

Who guessed it, and what did they guess? _____

One way I'll practice my weakest move this week: _____

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