Cut out a card along the dashed line, or snap a photo of it, and keep it in your wallet, on the fridge or in the car.

CARD **The 30-Second Savor Card**

Cut along the dashed line.

- ☐ PLANT (5 sec): put down what's in your hands and your head.
- ☐ GATHER (10 sec): one thing you see, one you hear, one you feel, smell or taste.
- ☐ WARM (10 sec): notice where the good feeling shows up in your body.
- ☐ TOAST (5 sec): "Here's to…" What makes it good? It won't last.

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