WORKSHEET **Five-Day Savor Log**

Savor at least one moment a day for five days and log it here.

Day 1: The moment: _____

My toast: "Here's to _____"

Day 2: The moment: _____

My toast: "Here's to _____"

Day 3: The moment: _____

My toast: "Here's to _____"

Day 4: The moment: _____

My toast: "Here's to _____"

Day 5: The moment: _____

My toast: "Here's to _____"

The beat I skip most often: _____

The place where savoring comes easiest for me: _____

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