



## **ENABLE EXERCISE #7**

### **Savoring Our Successes**

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Savoring is defined as the emotions of joy, awe, excitement, and gratitude derived from an experience. Studies have shown that whether a person is able to savor experiences predicts his or her degree of happiness and reinforces the positive benefits of that experience.

See yourself and think about the successful completion of a new behavior or habit that you are working on. Answer the following questions:

1. What positive thoughts did you have about successfully completing the new habit or behavior?
  
  
  
  
  
  
  
  
  
  
2. What positive emotions or feelings did you have about successfully completing the new habit or behavior?
  
  
  
  
  
  
  
  
  
  
3. How can you extend the length of time that you have had these positive thoughts, feelings, and emotions about your successful new habit or behavior?