

Savor the Small

"Enjoy the little things, for one day you may look back and realize they were the big things."
~Robert Brault



DATE : _____

M T W T F S S

WHY LINGER IN LITTLE JOYS?

Joy often hides in fleeting details: a taste, a color, a sound, a glance. When life moves quickly, these moments pass unnoticed. Positive psychology shows that savoring small joys helps the mind hold onto goodness longer and softens the grip of stress. This practice is an invitation to pause, notice, and let a small joy linger long enough to matter.

TODAY...

I noticed...
(a small detail that made me pause)

It made me feel...
(emotion, sensation, or even just a shift)

Why this moment feels worth remembering...
(what it quietly gave me, or reminded me of)

What we savor stays.
The smallest joy can ripple into strength.

REFLECTIONS TO CARRY WITH ME