

MARCH 2023

SAVORING

SAVOR THE MOMENTS THAT ARE WARM AND SPECIAL AND GIGGLY. —SAMMY DAVIS, JR.

SUN	MON	TUE	WED	THU	FRI	SAT
FEBRUARY S M T W Th F S 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 1 2 3 4 5 6 7 8 9 10 11	APRIL S M T W Th F S 26 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6		1	2	3	4
5	6	7	8	9	10	11
Spend time on your favorite craft or hobby.	Eat your food slowly and savor each bite.	Listen carefully to the words of others.	Spend extra time giving your pet(s) love.	Stretch, breathe deeply, and silently express gratitude for everything you have.	Listen to a meditation app or podcast.	Host family and friends at your home 'just because'.
12	13	14	15	16	17	18
Do something today that makes you happy.	Notice the little things.	Speak slowly and thoughtfully. Don't rush.	As you get ready for bed, notice all the things in your home that bring you joy.	Start a book you've been wanting to read.	Learn something new about a colleague. Share something about yourself.	Spend today with someone you care about. Savor the time together.
19	20	21	22	23	24	25
Intentionally use all of your senses today during a meal.	Find time to soak up some sunshine today.	Hug a friend or family member a little longer than usual.	Go out and look at the stars tonight.	Start a project you've been putting off. Put positive energy into the work.	Declutter your workspace - spend time organizing and beautifying it.	Turn off technology and savor the silence.
26	27	28	29	30	31	
Look through old photos and remember good times from the past.	Call a friend and reminisce about a wonderful memory you have together.	Plan out your dream vacation, even if you can't go right now.	Do something you enjoyed as a child.	Take your time with your work. Don't rush.	End the month reminiscing on all the wonderful moments you were able to savor!	

Savoring is our ability to focus on and appreciate the positive things in our lives. When we savor good times we can enjoy positive emotions like joy, love and gratitude. Positive emotions help increase creativity, improve sleep and strengthen our immune systems.