



Savoring *Life*

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Your Personal Trainer for a *Thriving Mind*



A note from Julie

Welcome to the Savoring Discovery Packet!

We often hear about the importance of coping skills in managing stress, and for good reason—coping helps us navigate life's challenges. But while coping is essential for managing stress, savoring is the complementary skill that allows us to fully embrace and appreciate the positive moments in our lives.

When we cope, we manage and get through the tough stuff, but **when we savor, we actively soak in the good—the moments that bring us joy, peace, and fulfillment.**

Savoring is all about taking the time to notice, enjoy, and extend those positive experiences. It's about creating space to celebrate life's little wins, even in the midst of busy or stressful times.

In this packet, we'll explore how savoring can help balance out the stress of coping by inviting more joy and appreciation into our daily lives. By honing this skill, we can shift our focus and enrich our overall well-being, making life not just about surviving, but about thriving.

With hope,

Julie

What Does Savoring Mean in Psychology?

At its core, savoring is about fully experiencing, appreciating, and even amplifying positive moments in life.

Psychologists Fred Bryant and Joseph Veroff (2007) introduced the term savoring to describe the active process of engaging with joy—essentially the opposite of coping.

Rather than just letting a happy moment pass by, savoring invites us to lean in, soak it up, and make the most of it.

Savoring isn't just about big, life-changing experiences; it applies to the everyday, too.

Whether it's the warmth of the sun on your skin, a shared laugh with a friend, or the anticipation of a vacation, savoring is about consciously holding onto those positive feelings. It's an interactive experience between you and your surroundings—internal or external, tangible or intangible (Smith & Bryant, 2017).

While pleasure is a key component, savoring goes deeper—it's about being aware of and appreciating pleasure while it's happening. This requires a level of mindfulness and meta-awareness, an intentional shift from simply feeling joy to actively engaging with it (Bryant & Veroff, 2007).

"Savor
the little victories
and positives. They
are your Cupcake
Moments.

~Julie Kaminski

Three Ways to *SAVOR*

What Does Savoring Mean in Psychology?

Savoring happens differently, and you may already be doing it without realizing it.

Savoring the Past (Reminiscence) – Looking back on joyful moments, like laughing over old inside jokes with a friend.

Savoring the Present (Living in the Moment) – means fully immersing yourself in an experience, such as savoring the taste and aroma of a delicious meal.

Savoring the Future (Anticipation) – Looking forward to something positive, like envisioning an upcoming getaway with excitement.

Three Levels of *SAVORING*

Savoring isn't just a single experience—it happens on different levels, shaping how we engage with positive emotions.

Savoring Experiences – At the broadest level, this is about being present and tuning in to positive moments as they unfold. Think: feeling the ocean breeze as you watch a sunset.

Savoring Processes – This links a positive event to an emotional response. For example, appreciating a stranger's kindness fosters gratitude, reinforcing that feel-good state.

Savoring Responses – These are the actions or thoughts we use to enhance (or, sometimes, unintentionally dampen) positive emotions. For example, replaying a joyful moment in your mind can extend its impact.

10 Savoring Strategies to *Soak in the Good*

Savoring isn't just about noticing joy—it's about actively engaging with it, stretching out positive feelings, and making them last.

Bryant and Veroff (2007) outlined ten powerful strategies for doing just that. These approaches can help turn everyday moments into lasting sources of happiness.

1. Share the Joy

Talking about a great moment, reliving a cherished memory, or celebrating future plans with someone else amplifies joy. Plus, watching someone else light up in response can deepen our own happiness.

2. Build Lasting Memories

Some moments are too good to let slip away.

Take mental snapshots, journal about your experiences, or create scrapbooks. These intentional acts of memory-building help keep positive experiences alive long after they happen.

3. Celebrate Wins (Big and Small)

Acknowledging achievements—whether personal or collective—can intensify positive emotions.

Savor your successes by reflecting on how far you've come, sharing your joy, or even treating yourself in a meaningful way.

4. Engage the Senses

When we focus deeply on a sensory experience, we can heighten its pleasure.

Have clients practice closing their eyes to listen to ocean waves, taking in the textures of a delicious meal, or noticing the warmth of the sun on their skin. The more detail they absorb, the richer the experience.

5. Make Comparisons Work for You

Comparison often gets a bad rap, but used wisely, it can enhance positive feelings.

Clients can reflect on how things have improved over time (temporal comparison), how their current experience differs from a less ideal one (counterfactual comparison), or even how fortunate they are compared to others (social comparison).

6. Lose Yourself in the Moment

Absorption—getting fully immersed in an experience—can slow down time and deepen enjoyment.

It's similar to flow, but with added awareness of positive emotions. Help clients find moments where they can lose themselves in joy, whether it's dancing, painting, or getting lost in a book.

7. Express Happiness Physically

Laughter, clapping, and jumping for joy aren't just reactions; they reinforce positive emotions.

Encourage clients to embrace their natural expressions of joy rather than holding back. Sometimes, just acting happy can boost actual happiness.

8. Recognize the Fleeting Nature of Joy

When we remind ourselves that a moment won't last forever, we naturally cherish it more.

This temporal awareness can help clients savor experiences more fully—whether it's a child's laughter, a delicious meal, or a sunset that's about to disappear.

9. Count Blessings, Not Just Challenges

Practicing gratitude is a direct path to savoring.

Reflect on the good in your life, especially when experiencing something wonderful. Appreciating why a moment is meaningful enhances its emotional impact.

10. Don't Kill the Joy

Negative thinking can squash a perfectly good moment.

Recognize when you're undercutting their joy—whether by focusing on imperfections, worrying about what's next, or dismissing the good as “no big deal.” Instead, practice embracing the moment for what it is.

The Takeaway

Savoring isn't just a feel-good practice—it's a skill that strengthens happiness and resilience over time.

By weaving these ten strategies into daily life, you can train your brain to hold onto the good just a little longer—turning brief moments of joy into lasting well-being.

Savoring *Self-Assessment*

Purpose: Identify natural savoring tendencies and areas for growth.

Instructions:

Reflect on recent positive experiences and how you engaged with them.

Rate yourself (1 = never, 5 = always) on the following:

- I share joyful experiences with others.
- I take mental snapshots or journal about positive moments.
- I celebrate my achievements.
- I focus on the sensory details of good experiences.
- I compare my experiences in a way that enhances gratitude.
- I allow myself to get fully immersed in moments of joy.
- I physically express happiness (smiling, laughing, clapping, etc.).
- I acknowledge that special moments are fleeting and cherish them more.
- I take time to count my blessings.
- I avoid negative thinking that diminishes joy.

What are your strongest areas, and where would you like to improve?

Joy Mapping

Purpose: Identify personal joy triggers and opportunities for savoring.

Instructions:

Draw a joy map—a visual web of things, experiences, or activities that bring you joy.

Categorize your joy triggers:

- People – Who brings joy into your life?
- Places – Where do you feel most at peace or happiest?
- Moments – What types of moments do you cherish most?
- Activities – What do you love doing?

Circle missed opportunities—places where you could deepen your joy by practicing savoring.

Memory Treasure Hunt

Purpose: Strengthen reminiscence savoring by revisiting past joys.

Instructions:

Find three objects or photos that remind them of joyful moments.

Reflection on each:

- What was happening at that moment?

- Who was there?

- How did you feel?

- What small details do you remember?

Share one memory with someone or create a memory jar for future moments.

Celebration Audit

Purpose: To recognize how you celebrate and where they could amplify joy.

Instructions:

List three personal or professional wins from the past six months.

Reflect on how you celebrated each:

- Did you share your joy with others?

- Did you do something to mark the occasion?

- How did you physically express happiness?

Reflect on ways you could enhance your celebration habits in the future.

Reframing Negativity with *Savoring*

Purpose: Reduce joy-killing thoughts and replace them with savoring.

Instructions:

Identify one recent moment where negative thoughts overshadowed joy.

What was good about the experience, despite the imperfections?

How could you have shifted your focus to savor more?

What will you do differently next time?

Reflections

Whether you are seeking balance, building healthier habits, or taking your first steps toward greater health and happiness, my mission is to empower and inspire you to thrive in mind, body, and spirit.

Like many of my clients, I'm a multifaceted woman who navigates the colorful chaos of life while juggling priorities. I know firsthand that health and happiness look different for everyone and evolve as we grow and mature.

Hi, I'm Julie Kaminski, a National Board-Certified Health & Wellness Coach with ACE certifications in Group Fitness, Personal Training, and Fitness Nutrition.

Beyond my professional roles, I'm also a wife, mom, daughter, and friend. With over 30 years of experience in health and wellness, I've built a comprehensive toolbox of education, certifications, and real-life insights to support my clients in creating meaningful, sustainable change.

My approach blends coaching, positive psychology, and fitness to address the interconnectedness of mental health, physical wellness, and personal growth. At the core of my work is my signature SAVOR Method—a mindful framework built around five key pillars of health and happiness: Sustenance, Activity, Vitality, Organization, and Refuelment. By focusing on these areas, I help clients develop sustainable habits that foster lasting, positive change and empower them to live their most vibrant lives.

I've been honored to share my insights through features in prominent publications like the *New York Post*, *MyFitnessPal*, and *Eat This, Not That*. My greatest passion is helping clients discover and manifest their unique Blueprint to Thrive. Based in beautiful Charleston, I offer workshops, group coaching, and one-on-one sessions to guide you in flourishing in every aspect of life.



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