

Savouring journal

Savouring is noticing and appreciating the good things in life - no matter how small. Press pause and take your time with an activity, such as making a cup of tea or having a shower. By doing this and enhancing the experience by logging it below, you'll benefit from an increased sense of wellbeing.

Monday

Today I savoured the moment when...

Tuesday

Today I savoured the moment when...

Wednesday

Today I savoured the moment when...

Thursday

Today I savoured the moment when...

Friday

Today I savoured the moment when...

Saturday

Today I savoured the moment when...

Sunday

Today I savoured the moment when...