

Challenges of the Modern Family

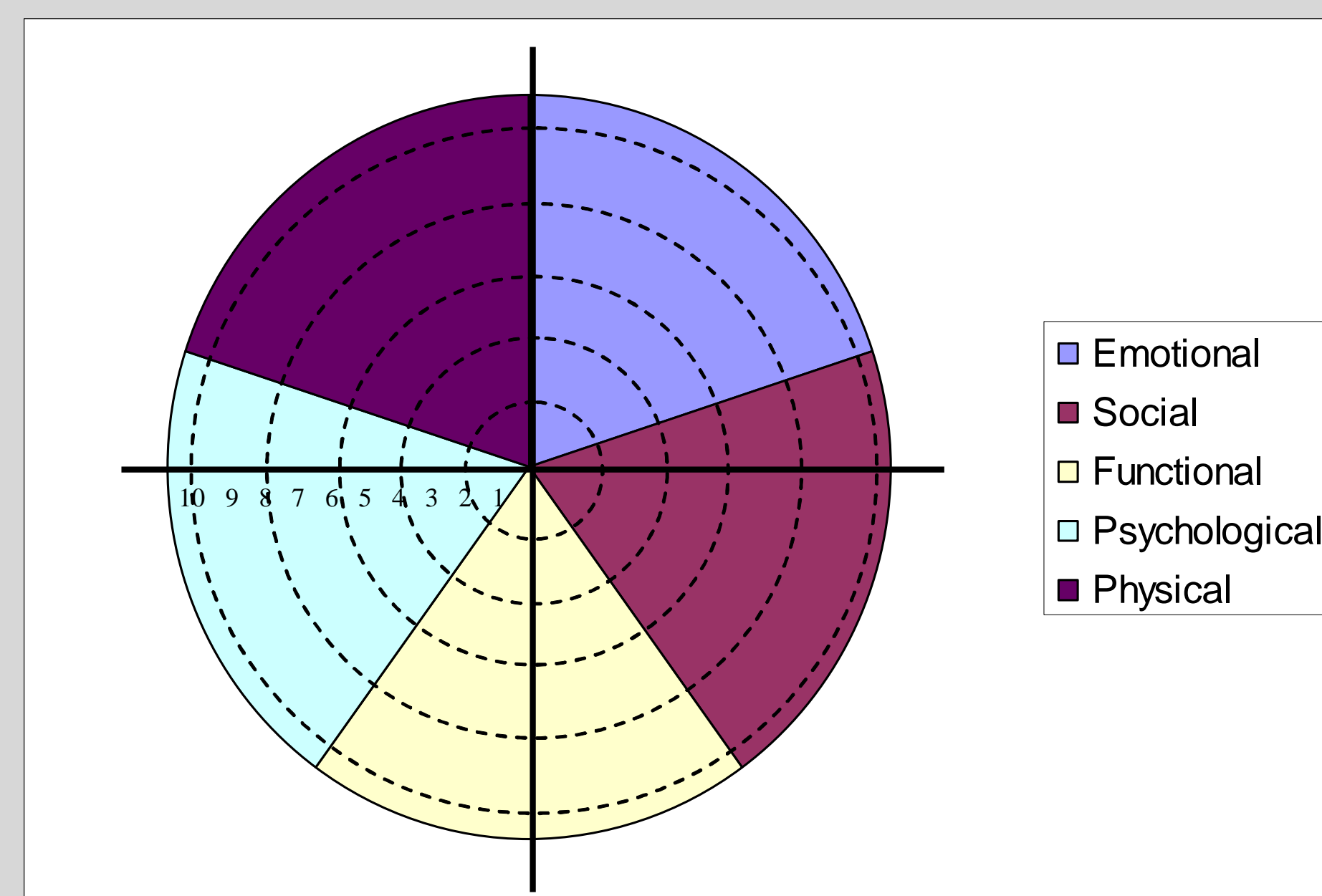
Families are under strain from today's fast-paced lives and often experience disconnection from one another.



Family Flourishing – the Ultimate Goal

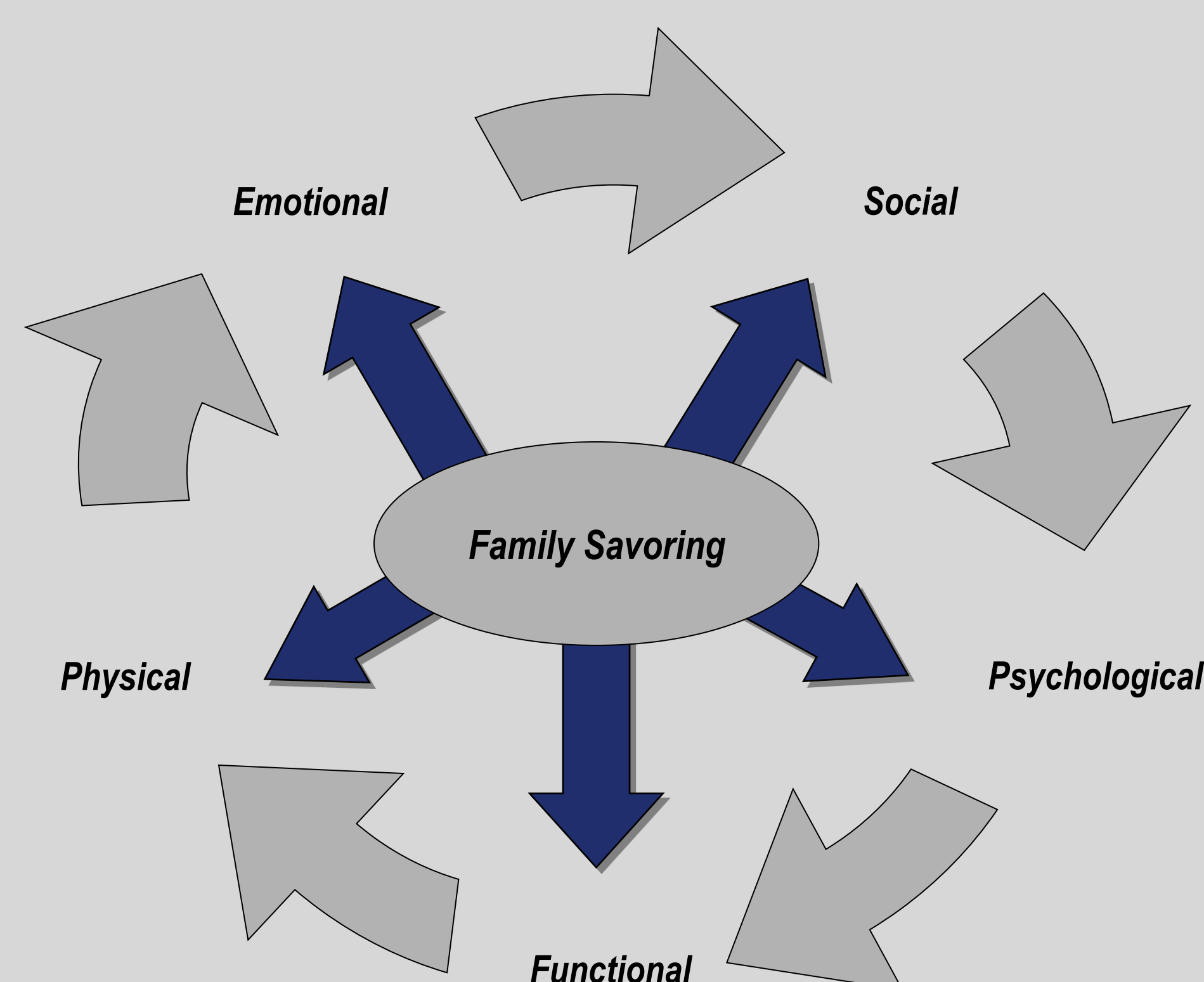
To support positive psychology's quest to determine what is right with life, five components of flourishing are determined using literature from well-being, subjective well-being, and flourishing researchers

Components and Characteristics of Flourishing	
Component	Associated Characteristics
1. Emotional	<ul style="list-style-type: none"> Pleasurable feelings Positive emotions (e.g., joy, curiosity, contentment, love) Emotional intelligence
2. Social	<ul style="list-style-type: none"> Feelings of belonging Deep and meaningful relationships Affection Shared fun
3. Psychological	<ul style="list-style-type: none"> Self-acceptance Autonomy Setting Goals Purpose and meaning Self-actualization
4. Functional	<ul style="list-style-type: none"> Mastery over environment Learning orientation Meeting Goals
5. Physical	<ul style="list-style-type: none"> Healthy behaviors (e.g., proper nutrition, exercise, sleep) Healthy mind-body connection



Adapted from *The Wheel of Life*, Kimsey-House, Kimsey-House, & Sandahl (2007).

Savoring – Life Source for a Flourishing Garden



Components of Savoring

Savoring is a cognitive process families can use together to attend to, appreciate, and/or enhance the enjoyment of positive experiences and the resulting pleasurable emotions.

Three Basic Functions and Associated Strategies of Savoring	
Function	Associated Strategies
1. Prolonging	<ul style="list-style-type: none"> Recall and Reminiscing Chaining Sharing after the moment Celebration
2. Intensifying	<ul style="list-style-type: none"> Blocking out interfering stimuli Heightened focus on the savoring experience Sharing the moment Adopting a flexible temporal perspective
3. Shifting gears	<ul style="list-style-type: none"> Anticipatory planning Refocusing by comparison

Attentional Resources and Their Associated Feelings		
Type of Experience	External World	Internal Self
Cognitive Reflection	Thanksgiving (gratitude)	Basking (pride)
Experiential Absorption	Marveling (awe) Surrender (joy)	Luxuriating (physical pleasure)

Time Orientation of Savoring	
Type of Savoring	Positive Beliefs about Savoring
Anticipatory Savoring (future)	<ul style="list-style-type: none"> I get pleasure from looking forward I can feel the joy of anticipation I can enjoy events before they occur I can feel good by imagining outcome
Savoring the Moment (present)	<ul style="list-style-type: none"> I know how to make the most of a good time I can prolong enjoyment by own effort I feel fully able to appreciate good things I find it easy to enjoy my self when want to
Reminiscent Savoring (past)	<ul style="list-style-type: none"> I enjoy looking back on happy times I can feel good by remembering the past I like to store memories for later recall I find it easy to rekindle joy from happy memories

Note: All Savoring Tables Adapted from Bryant & Verhoff, 2007.

Growing Your Family's Flourishing Garden



The following seven exercises were designed to jump start the process of savoring with a variety of family activities that promote positive emotions, positive experiences, shared moments, and memories for later recall.

- Exercise 1: Evaluating Your Flourishing Garden
 - Components of Flourishing
- Exercise 2: Planting a Flourishing Garden
 - Planning an Upcoming Holiday Celebration
- Exercise 3: Feeding Your Flourishing Garden
 - Fruit Picking and Picnic
- Exercise 4: Tending Your Flourishing Garden
 - Family Tree
- Exercise 5: Enjoying the Fruits of Your Garden
 - Wall of AWE
- Exercise 6: Planting Surprise Seeds in Your Flourishing Garden
 - Surprise Draw
- Exercise 7: Sharing Your Flourishing Garden
 - Volunteering

Next Steps

- Further research empirically validating savoring as a means to flourishing
- Creation of a parenting workshop titled, "How Does your Garden Grow?"
- Publish articles in parenting magazines and periodicals
- Continue refining savoring exercises in the Davis Family Laboratory for Positive Psychology
- Apply to a doctoral program leveraging this Capstone project

Conclusion

Savoring is a compelling and relatively untapped construct in positive psychology and serves a purpose greater than just creating pleasant and positive experiences and emotions. It is a vital pathway to creating, enhancing, and sustaining a flourishing life. Savoring has a powerful impact on flourishing, especially when undertaken in the context of a family. In the garden of our lives, the emotional, social, functional, psychological, and physical components taken together create the texture, color, variety, and connection that make up a flourishing life.

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