



*(Adapted for SusanJeffers.com monthly newsletter.
Based on the writings of Susan Jeffers, PhD.)*

Savoring the "WOW!" in Everyday Life Adapted from the works of Susan Jeffers, Ph.D.

The check engine light came on in your car. Your kids made you late for work. The handle broke on your mop just as you started cleaning. Your brother-in-law cancelled at the last minute, again. You lost your phone in the couch. Your favorite TV show was interrupted for live coverage of a car chase. Your lunch leaked all over your bag. Sound familiar?

There are so many frustrations that fill up our days. So many little things that add up to make us upset and miserable. We wallow and reminisce with our friends and spouses and families about that crappy little thing that helped ruin our day. But why? Why don't we praise and revere the good things that happen to us instead?

It's because we take the good, also known as the ordinary, for granted. We choose instead to focus on the negative things that disrupt our routine rather than focus on the little joys that inhabit our day.

So much would be added to our lives if we learned how to revel in the incredible gifts inherent in the ordinary.

When our coffee order is just right. When our kids remember to thank us for dinner. When our spouse cleans the kitchen without having to be asked. A shared joke with co-workers. Our amazing mobile phones. A quiet hour to finish a good book.

There are so many beautiful moments that we ignore as 'same old, same old,' when really, they are marvelous examples of the beautiful world we live in.

In *Embracing Uncertainty*, Susan wrote about re-learning to savor life:

"Wow! is a word for savoring. We think of it as a word heard mostly from children. That's a pity! Do they know how to savor more than we do? If so, we can learn from our children! So begin inserting the word Wow! into your vocabulary and also embracing the feeling of Wow!

Wow! Look at the sunset!

Wow! What a great meal!

Wow! What great friends I have!

Wow! I'm feeling better today!

You get the point. You don't have to wait for the big bursts of glory. Let the smallest joys invade your being. Remember this: We can make wealth a reality through appreciation."

By adding that exclamatory word at the beginning of a thought or sentence, we can go a long way to learning to savor every moment. It's cloudy outside? Put a "Wow!" in front of it and it becomes, "Wow! It's cloudy outside." You can feel the difference. Something so mundane suddenly has more energy and radiance and enthusiasm. Who doesn't need more of those things?

But Susan reminds us that just adding Wow! to our vocabulary won't make everything better. We also need to pay more attention to what's going on around us. As Susan put it, "Focus on the doughnut, not the hole."

When we look for blessings, we find them all over the place. There is so much we don't see that is already there, just waiting to be noticed. There is no need for any of us to wallow in our negative experiences when there is such an abundance of wonderful everyday experiences we overlook.

In *End the Struggle and Dance With Life*, Susan included this passage written by A.A. Milne:

"When you wake up in the morning, Pooh," said Piglet at last, "What's the first thing you say to yourself?"
"What's for breakfast?" said Pooh. "What do you say, Piglet?"
"I say, 'I wonder what's going to happen exciting today?'" said Piglet.
Pooh nodded thoughtfully. "It's the same thing," he said.

What this delightful passage tells us is that we can embrace the gifts of magic and excitement in the most ordinary of events. It's just a matter of learning to appreciate every moment. Whether choosing our clothes from our closet, helping the kids with their homework, deciding what to watch on television, or even balancing our checkbook!

The trick is to learn how to live in the moment paying attention to the wonder of it all!

So change up your vocabulary, use the word "Wow!" to describe those ordinary moments in your day and cherish the abundance of the moment.

Savor the feeling of "Wow!"

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