

# Unleash Your Epic Self

THE MAGAZINE THAT TRANSLATES POTENTIAL INTO PURPOSE



## DISCOVER

A guide to developing stronger coping skills and using your strengths in new ways.

## STRENGTHEN

Featuring ways to grow your mindset and learn to be more satisfied with your life.

## UNLEASH

Inside, a practice to help you live within an optimal range of human functioning.



**Sherri Fisher** MAPP, M.Ed  
*Translating Potential Into Purpose*

# Discover

**Imagine that you could benefit from happy events more than the one time that they happen.**

**Savoring is like that.** It is a way of enhancing what was, is, or will be going well, by choosing to actively enjoy and appreciate the experience again.

Savoring is the deep enjoyment you experience when recalling and appreciating positive events from the past, being deeply attentive to what is wonderful in the present, or anticipating how a happy future event will make you feel.

**By choosing what to focus on and how you like to experience them, you can intensify your positive emotions.**

FRED BRYANT &  
JOSEPH VEROFF

“Savoring involves sailing one’s boat so as to find the waves one wants to encounter and making them bigger and longer lasting if one so chooses.”



## THE ULTIMATE EXPERIENCE

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**1.** Find a place that is relaxing for you. It could be inside or outside.

**Hint:** You may want to do this while sitting still. Other people like to do this thought exercise while moving. Try walking, dancing or even bathing.



**2.** Now close your eyes. Start with a cleansing breath, inhaling slowly and deeply through your nose. Exhale. Repeat.

**3.** Let your mind drift to recall a time when you felt most alive, most involved, or most excited.

**What made it an exciting experience? Who was involved? What made this experience come to mind?**

# Strengthen

# Unleash

## MY SAVORING ACTIVITY

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This week, recall the pleasurable sensations you felt during this happy moment. Savor the moment, and be grateful for the opportunity to be at your best, all over again.

Now, imagine in even more detail the events you recalled when you were at your best. Marvel at how amazing the moment was for you. Make the moment last in your imagination, and deepen your feelings about this moment.

Imagine experiencing the sights, smells, sounds, tastes and feelings all over again. Bask in how good it felt to be told what a fine job you had done.

## REFLECT

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Read this week's quotation aloud.

**Imagine that you could relive any three peak moments in your life.**

**What would they be, and why would you want to relive them?**



# the

# POS-EDGE

# model

*translating POTENTIAL into PURPOSE*

**P**ositivity

**O**ptimism & Resilience

**S**trengths

**E**mootional Intelligence

**D**ecision-Making & Change

**G**oal-setting, Grit, Growth Mindset

**E**xercise & Engagement



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