Seek joy in the small stuff.

The value of taking time to appreciate positive experiences seems obvious—trite, even.

Yet it's a skill that few people have mastered, says Loyola University Chicago social psychologist Fred B. Bryant, PhD. The reason is simple: We're busy, and we have a lot on our minds. There'll always be other sunrises, we say to ourselves, but if we don't hit the shower soon, we'll never beat the traffic to work. Under the weight of our daily responsibilities and worries, we reflexively tune out the fleeting, spontaneous events that could bring us deeper joy and greater health.

For more than 20 years, Bryant has worked to understand what he terms mindful savoring: the things we think and do to intensify or prolong positive feelings. "We all know people who are like this," Bryant says. "They're the life of the party, and they're the first people you want to turn to when something good happens."

Here's how to steal their gift: 10 surefire strategies to discover pleasure and satisfaction in everyday moments, even when life is not going your way.

1. Spread happy thoughts
2. Build memories to savor
3. Pat yourself on the back
4. Fine tune your senses
5. Compare downward
6. Get absorbed
7. Fake it ‘til you make it
8. Seize meaningful moments
9. Avoid negative thinking

10. Say thanks more often