Supplemental Appendix A
Results of Growth Models Examining Changes Over Time in Daily Positive Emotions

To evaluate whether and the extent to which positive emotions were changing over time, daily positive emotions for each participant were averaged by week, resulting in a maximum of nine observations for each participant (i.e., one for each week in the reporting period). Multilevel models then were specified with multiple weekly observations (Level 1, denoted by the subscript i) nested within people (Level 2, denoted by the subscript j) and estimated using the "mixed" procedure available in SAS version 9.2[1]:

Unconditional growth model: $y_{ij} = \gamma_{00} + \gamma_{10}week_{ij} + u_{0j} + u_{1j}week_{ij} + r_{ij}$

Conditional growth model: $y_{ij} = \gamma_{00} + \gamma_{10}week_{ij} + \gamma_{01}mindful_j +$
$\gamma_{02}savor_j + \gamma_{03}mindful * savor_j +$
$\gamma_{11}week_{ij} * mindful_j + \gamma_{12}week_{ij} * savor_j +$
$\gamma_{13}week_{ij} * mindful * savor_j + u_{0j} + u_{1j}week_{ij} +$
r_{ij}

Preliminary analyses suggested that a heteroscedastic Level-1 error structure should be retained (i.e., residual values were estimated separately for each week) and that random effects components should be included for both the intercept representing average positive emotions at Week 1 (u_{0j}) and the slope representing the average growth trajectory for positive emotions over time (u_{1j}). It was assumed that the random effects were normally distributed with means of 0, a covariance of τ_{10}, and variances of τ_{00} and τ_{11} respectively. Mindfulness and savoring were grand-mean centered such that 0 represented the average person in the sample. The interaction term was created by multiplying the two mean-centered mindfulness and savoring scores together (Aiken & West, 1991).

First, an unconditional growth model indicated no significant changes over time in positive emotions ($\hat{\gamma}_{10}$ = -0.0002, SE = 0.01, t(702) = -0.03, p = 0.97, 95% CI: [-0.01, 0.01]), though it did indicate significant between-person variability in the growth trajectories for positive emotions over time ($\hat{\tau}_{11}$ = 0.002, SE = 0.001, p < .0001). Next, a conditional growth model was estimated in which mindfulness, savoring, and their interaction were included as predictors of both initial values of positive emotions (i.e., in Week 1) and of changes in positive emotions over time. Once again, there was no average change in positive emotions over time ($\hat{\gamma}_{10}$ = -0.002, SE = 0.01, t(699) = -0.34, p = 0.74, 95% CI: [-0.02, 0.01]), and that trajectory did not differ across levels of mindfulness ($\hat{\gamma}_{11}$ = -0.002, SE = 0.01, t(699) = -0.19, p = 0.85, 95% CI: [-0.02, 0.01] or savoring ($\hat{\gamma}_{12}$ = -0.001, SE = 0.01, t(699) = -0.09, p = 0.93, 95% CI: [-0.01, 0.01], or depend on their interaction ($\hat{\gamma}_{13}$ = 0.01, SE = 0.01, t(699) = 1.14, p = 0.25, 95% CI: [-0.01, 0.02].

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[1] Analyses were run both with and without negative emotions as a covariate, with all available data and restricted to the 89 completers only, and using both daily emotions reports and weekly averages. Because the results do not change appreciably across these variations, only the analyses that do not include negative emotions as a covariate, that are restricted to the 89 completers, and that used the weekly averages are reported here.

<h1 style="text-align:center">Supplemental Appendix B
Confirmatory Factor Analyses Examining the Relationship between Mindfulness and Savoring</h1>

To further evaluate our contention that mindfulness and savoring are related but distinct constructs, we conducted a set of confirmatory factor analyses (CFAs) using raw scores on the fifteen MAAS and eight SBI items. Specifically, we compared three models: a one-factor model, a two-factor model in which the mindfulness and savoring latent variables were constrained to be uncorrelated, and a two-factor model in which they were allowed to correlate. All analyses were conducted using MPlus (Version 7.4; Muthén & Muthén, 2015). See main manuscript for interpretations and conclusions drawn. Fit indices, items, and factor loadings appear below.

Table B1: Fit Indices from the Factor Analyses

Model	Test of Perfect Fit	RMSEA [90% CI]	CFI	TLI	SRMR
Single-Factor	$\chi^2(230) = 630{,}01, p < .001$	0.14 [0.13, 0.15]	0.57	0.53	0.16
Two-Factor Uncorrelated	$\chi^2(230) = 349.09, p < .001$	0.08 [0.06, 0.09]	0.87	0.86	0.12
Two-Factor Correlated	$\chi^2(229) = 342.35, p < .001$	0.08 [0.06, 0.09]	0.88	0.87	0.09

Note. RMSEA = root mean square error of approximation, 90% CI = 90% confidence interval for RMSEA; CFI = confirmatory fit index; TLI = Tucker-Lewis index; SRMR = standardized root mean square residual.

Table B2: Mindfulness and Savoring Items

Label	Item
SBI1	It's hard for me to hang onto a good feeling for very long. (R)
SBI2	I know how to make the most of a good time.
SBI3	When it comes to enjoying myself, I'm my own "worst enemy." (R)
SBI4	When something good happens, I can make my enjoyment of it last longer by thinking or doing certain things.
SBI5	I can't seem to capture the joy of happy moments. (R)
SBI6	I feel fully able to appreciate good things that happen to me.
SBI7	I don't enjoy things as much as I should. (R)
SBI8	It's easy for me to enjoy myself when I want to.
MAAS1	I could be experiencing some emotion and not be conscious of it until some time later. (R)
MAAS2	I break or spill things because of carelessness, not paying attention, or thinking of something else. (R)
MAAS3	I find it difficult to stay focused on what's happening in the present. (R)
MAAS4	I tend to walk quickly to get where I'm going without paying attention to what I experience along the way. (R)

MAAS5	I tend not to notice feelings of physical tension or discomfort until they really grab my attention. (R)
MAAS6	I forget a person's name almost as soon as I've been told it for the first time. (R)
MAAS7	It seems I am "running on automatic," without much awareness of what I'm doing. (R)
MAAS8	I rush through activities without being really attentive to them. (R)
MAAS9	I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there. (R)
MAAS10	I do jobs or tasks automatically, without being aware of what I'm doing. (R)
MAAS11	I find myself listening to someone with one ear, doing something else at the same time. (R)
MAAS12	I drive places on "automatic pilot" and then wonder why I went there. (R)
MAAS13	I find myself preoccupied with the future or the past. (R)
MAAS14	I find myself doing things without paying attention. (R)
MAAS15	I snack without being aware that I'm eating. (R)

Table B3: Standardized Factor Loading Across Three Models

Item	One-Factor Model	Two-Factor Uncorrelated Model		Two-Factor Correlated Model	
		Savoring	*Mindfulness*	*Savoring*	*Mindfulness*
SBI1	0.16	0.66*	--	0.66*	--
SBI2	0.20	0.70*	--	0.70*	--
SBI3	0.21*	0.65*	--	0.65*	--
SBI4	0.14	0.43*	--	0.43*	--
SBI5	0.40*	0.90*	--	0.91*	--
SBI6	0.27*	0.73*	--	0.73*	--
SBI7	0.18	0.70*	--	0.69*	--
SBI8	0.38*	0.77*	--	0.77*	--
MAAS1	0.32*	--	0.31*	--	0.31*
MAAS2	0.43*	--	0.42*	--	0.42*
MAAS3	0.68*	--	0.67*	--	0.67*
MAAS4	0.53*	--	0.51*	--	0.51*
MAAS5	0.44*	--	0.41*	--	0.42*
MAAS6	0.23*	--	0.21*	--	0.22*
MAAS7	0.80*	--	0.80*	--	0.80*
MAAS8	0.84*	--	0.82*	--	0.83*
MAAS9	0.75*	--	0.76*	--	0.76*
MAAS10	0.81*	--	0.83*	--	0.83*
MAAS11	0.61*	--	0.63*	--	0.63*
MAAS12	0.59*	--	0.62*	--	0.61*

MAAS13	0.48*	--	0.47*	--	0.47*
MAAS14	0.87*	--	0.89*	--	0.89*
MAAS15	0.38*	--	0.40*	--	0.40*

Note. * $p < .05$

Additional Results of the Multilevel Models Testing the Relationships between Savoring the Moment, Mindfulness, and Positive Emotions (Hypothesis 2)

Table C1: Examining the Unique Roles of Savoring the Moment and Mindfulness in Predicting Daily Positive Emotions

|	*Without controlling for daily negative emotions*			*Controlling for daily negative emotions*		
	B (*SE*)	95% CI	Significance test *df* = 86	*B* (*SE*)	95% CI	Significance test *df* = 85
Intercept	2.68* (0.06)	[2.56, 2.80]	$t = 45.14, p < .001$	2.68* (0.06)	[2.56, 2.80]	$t = 45.10, p < .001$
Savoring	0.19* (0.05)	[0.08, 0.29]	$t = 3.56, p < .001$	0.19* (0.05)	[0.09, 0.30]	$t = 3.66, p < .001$
Mindfulness	0.09 (0.08)	[-0.07, 0.24]	$t = 1.14, p = 0.26$	0.11 (0.08)	[-0.05, 0.26]	$t = 1.31, p = 0.19$
Daily Negative Emotions	--	--	--	0.16 (0.17)	[-0.18, 0.49]	$t = 0.93, p = 0.35$

Table C2: Examining the Interaction between Savoring the Moment and Mindfulness in Predicting Daily Positive Emotions

	Without controlling for daily negative emotions			*Controlling for daily negative emotions*		
	B (*SE*)	95% CI	Significance test *df* = 85	*B* (*SE*)	95% CI	Significance test *df* = 84
Intercept	2.64* (0.06)	[2.52, 2.76]	$t = 43.60, p < .001$	2.64* (0.06)	[2.52, 2.76]	$t = 43.68, p < .001$
Savoring	0.19* (0.05)	[0.08, 0.29]	$t = 3.63, p < .001$	0.20* (0.05)	[0.09, 0.30]	$t = 3.80, p < .001$
Mindfulness	0.08 (0.08)	[-0.08, 0.23]	$t = 0.98, p = 0.33$	0.10 (0.08)	[-0.06, 0.25]	$t = 1.24, p = 0.22$
Savoring-x-Mindfulness	0.15* (0.07)	[0.01, 0.28]	$t = 2.15, p = 0.03$	0.16* (0.07)	[0.02, 0.30]	$t = 2.34, p = 0.02$
Daily Negative Emotions	--	--	--	0.22 (0.17)	[-0.11, 0.55]	$t = 1.32, p = 0.19$

In both tables, the model-implied estimates in the first set of columns do not control for daily negative emotions, while the model-implied estimates in the second set of columns do. $N_{individuals} = 89$. $N_{observations} = 3,380$. * $p < .05$

Supplemental Appendix D
Additional Results of the Moderated Mediation Models Testing the Indirect Relationships between Savoring, Mindfulness, and Psychological Health (Hypothesis 3); Not Controlling for Negative Emotions

The basic model (depicted in the path diagram below) was the same for each of the three psychological health measures (depression, psychological well-being, and life satisfaction).
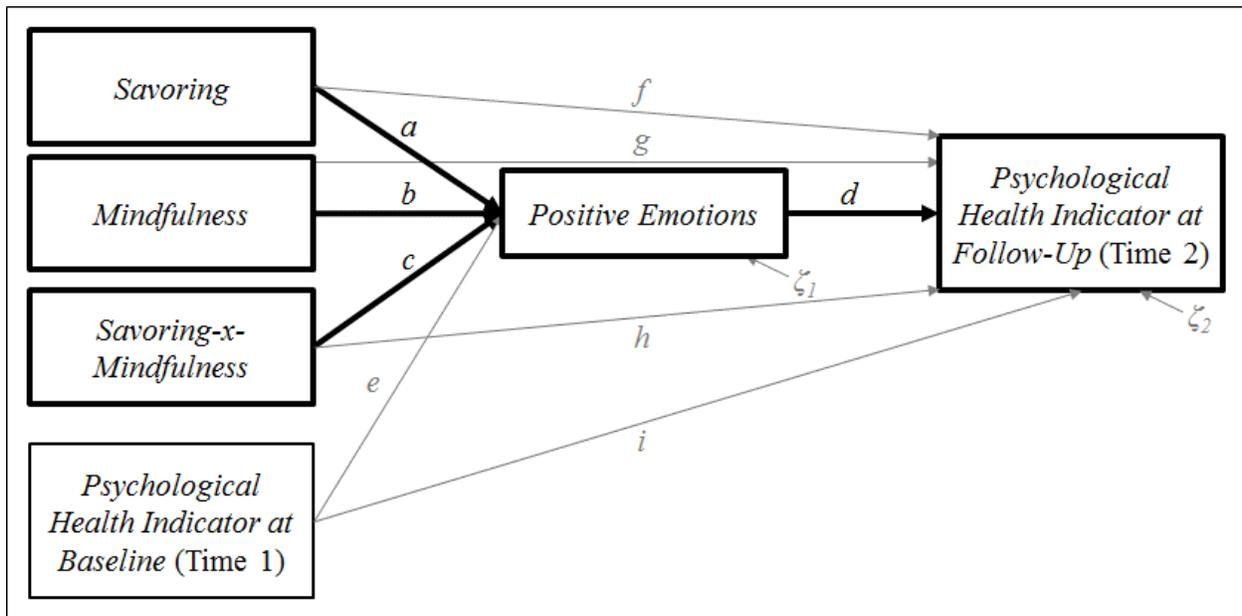
The primary pathways of interest have been highlighted in bold in the figure above, though letters (*a* through *i*) have been assigned to each estimated pathway and should be referenced when interpreting the results reported in the succeeding tables. The *zeta* terms (ζ with small arrows pointing to the endogenous variables, e.g., positive emotions) represent residual (unexplained) variance in the outcome measure. All exogenous variables (e.g., savoring) were allowed to covary. The Time 1 and 2 scores for the psychological health indicators have been standardized as *z*-scores to facilitate comparisons across models, but all other variables remain in their raw metric. For all results, $N_{individuals} = 89$ and $N_{observations} = 3,380$. An asterisk (*) indicates a *p*-value less than .05, while a dagger (†) indicates a *p*-value less than .10.

Table D1
Examining Unconditional Indirect Associations:
Mindfulness and Savoring as Predictors of Positive Emotions and, In Turn, Residualized Change in Psychological Health

	Satisfaction with life		Psychological well-being		Depressive symptoms	
	Estimate (*SE*)	95% CI	*Estimate* (*SE*)	95% CI	*Estimate* (*SE*)	95% CI
Path *a*	**0.15* (0.05)**	**[0.05, 0.24]**	**0.16* (0.06)**	**[0.04, 0.29]**	**0.17* (0.06)**	**[0.06, 0.28]**
Path *b*	0.04 (0.09)	[-0.14, 0.21]	0.06 (0.10)	[-0.13, 0.25]	0.06 (0.10)	[-0.12, 0.25]
Path *c*	--	--	--	--	--	--
Path *d*	**0.30* (0.12)**	**[0.06, 0.54]**	**0.30* (0.10)**	**[0.10, 0.49]**	**-0.54* (0.15)**	**[-0.84, -0.25]**
Path *e*	**0.17* (0.06)**	**[0.05, 0.29]**	0.05 (0.09)	[-0.13, 0.24]	-0.05 (0.08)	[-0.20, 0.11]
Path *f*	-0.05 (0.06)	[-0.17, 0.07]	0.07 (0.07)	[-0.07, 0.20]	0.07 (0.09)	[-0.10, 0.24]
Path *g*	0.08 (0.08)	[-0.07, 0.22]	0.07 (0.08)	[-0.09, 0.23]	-0.03 (0.12)	[-0.26, 0.21]
Path *h*	--	--	--	--	--	--
Path *i*	**0.72* (0.06)**	**[0.62, 0.83]**	**0.70* (0.08)**	**[0.55, 0.85]**	**0.48* (0.09)**	**[0.30, 0.66]**
Unconditional indirect association of savoring	0.04ⱡ (0.02)	[0.00, 0.09]	**0.05* (0.02)**	**[0.003, 0.09]**	**-0.09* (0.04)**	**[-0.17, -0.02]**
Unconditional indirect association of mindfulness	0.01 (0.03)	[-0.04, 0.06]	0.02 (0.03)	[-0.04, 0.08]	-0.03 (0.05)	[-0.14, 0.07]

Table D2
Examining Conditional Indirect Associations:
Mindfulness, Savoring, and Their Interaction as Predictors of Positive Emotions
and, In Turn, Residualized Change in Psychological Health

	Satisfaction with life		Psychological well-being		Depressive symptoms	
	Estimate (SE)	95% CI	*Estimate* (SE)	95% CI	*Estimate* (SE)	95% CI
Path *a*	**0.15* (0.05)**	**[0.06, 0.24]**	**0.16* (0.06)**	**[0.04, 0.27]**	**0.17* (0.05)**	**[0.07, 0.28]**
Path *b*	0.02 (0.09)	[-0.14, 0.19]	0.04 (0.09)	[-0.14, 0.22]	0.05 (0.09)	[-0.13, 0.24]
Path *c*	**0.15* (0.06)**	**[0.03, 0.28]**	**0.15* (0.07)**	**[0.02, 0.28]**	**0.15* (0.07)**	**[0.01, 0.28]**
Path *d*	**0.35* (0.12)**	**[0.11, 0.60]**	**0.28* (0.10)**	**[0.09, 0.48]**	**-0.59* (0.17)**	**[-0.92, -0.26]**
Path *e*	**0.17* (0.06)**	**[0.05, 0.29]**	0.07 (0.09)	[-0.10, 0.24]	-0.04 (0.08)	[-0.19, 0.12]
Path *f*	-0.06 (0.06)	[-0.18, 0.06]	0.07 (0.07)	[-0.06, 0.20]	0.08 (0.09)	[-0.09, 0.25]
Path *g*	0.09 (0.07)	[-0.05, 0.23]	0.07 (0.08)	[-0.09, 0.22]	-0.03 (0.12)	[-0.26, 0.20]
Path *h*	**-0.14* (0.06)**	**[-0.26, -0.02]**	0.04 (0.07)	[-0.10, 0.17]	0.14 (0.09)	[-0.05, 0.32]
Path *i*	**0.71* (0.05)**	**[0.61, 0.81]**	**0.71* (0.08)**	**[0.55, 0.86]**	**0.49* (0.09)**	**[0.31, 0.67]**
Conditional indirect association of savoring						
At low mindfulness (-1 SD)	0.01 (0.03)	[-0.04, 0.06]	0.01 (0.02)	[-0.03, 0.05]	-0.03 (0.04)	[-0.12, 0.05]
At average mindfulness (M)	**0.05* (0.03)**	**[0.004, 0.10]**	**0.04* (0.02)**	**[0.002, 0.09]**	**-0.10* (0.04)**	**[-0.18, -0.02]**
At high mindfulness (+1 SD)	**0.10* (0.04)**	**[0.02, 0.17]**	**0.08* (0.03)**	**[0.01, 0.15]**	**-0.17* (0.07)**	**[-0.30, -0.04]**
Conditional indirect association of mindfulness						
At low savoring (-1 SD)	-0.06 (0.04)	[-0.14, 0.03]	-0.04 (0.03)	[-0.11, 0.03]	0.07 (0.07)	[-0.06, 0.20]
At average savoring (M)	0.01 (0.03)	[-0.05, 0.07]	0.01 (0.03)	[-0.04, 0.06]	-0.03 (0.06)	[-0.14, 0.08]
At high savoring (+1 SD)	0.07‡ (0.04)	[-0.01, 0.16]	0.06 (0.04)	[-0.02, 0.15]	-0.14 (0.09)	[-0.31, 0.04]

Supplemental Appendix E
Additional Results of the Moderated Mediation Models Testing the Indirect Relationships between Savoring, Mindfulness, and Psychological Health (Hypothesis 3); Controlling for Negative Emotions

       The basic model was the same for each of the three psychological health measures (depression, psychological well-being, and life satisfaction). The figure below depicts this model, building on that presented in Supplemental Appendix D. All parameters and estimated pathways were carried forward from the previous models (i.e., those without negative emotions), and only newly added pathways are depicted here.
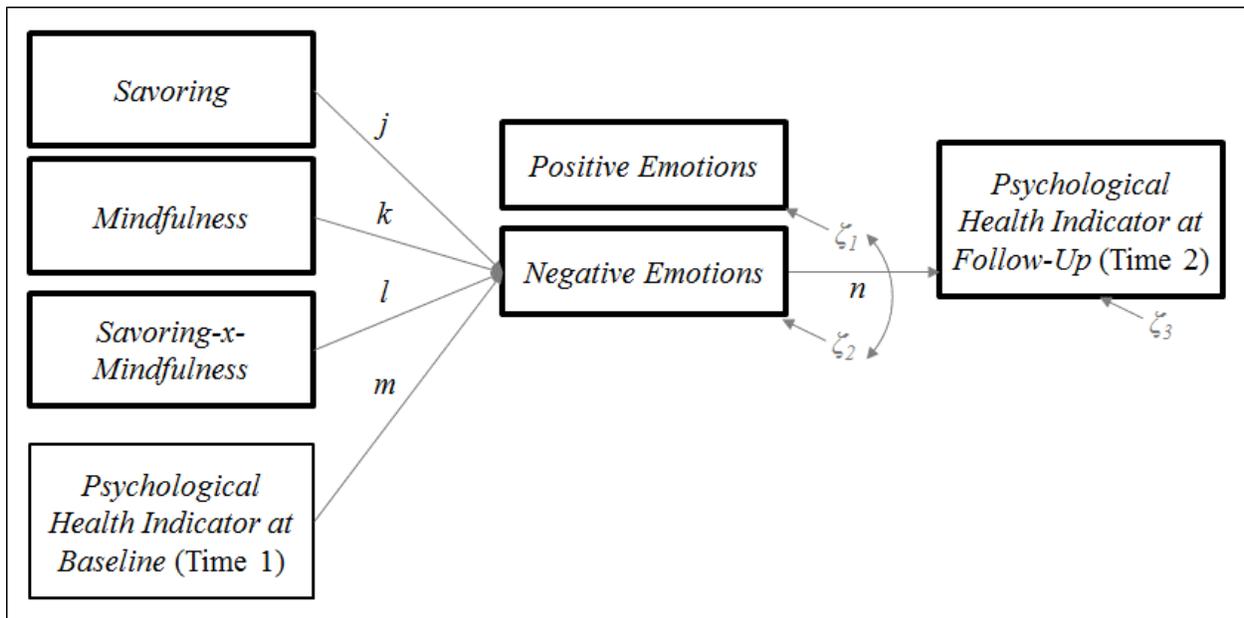
       Letters (*a* through *i* as shown in Supplemental Appendix D; and *j* through *n* as shown here) have been assigned to each estimated pathway and should be referenced when interpreting the results reported in the succeeding tables. The *zeta* terms (ζ with small arrows pointing to the endogenous variables, e.g., positive emotions) represent residual (unexplained) variance in the outcome measure. All exogenous variables (e.g., savoring) were allowed to covary. The residual terms for positive and negative emotions were also allowed to covary. The Time 1 and 2 scores for the psychological health indicators have been standardized as *z*-scores to facilitate comparisons across models, but all other variables remain in their raw metric. For all results, $N_{individuals} = 89$ and $N_{observations} = 3,380$. An asterisk (*) indicates a *p*-value less than or equal to .05, while a dagger (†) indicates a *p*-value less than .10.

Table D1
Examining Unconditional Indirect Associations:
Mindfulness and Savoring as Predictors of Positive and Negative Emotions and, In Turn, Residualized Change in Psychological Health

	Satisfaction with life		Psychological well-being		Depressive symptoms	
	Estimate (SE)	95% CI	*Estimate (SE)*	95% CI	*Estimate (SE)*	95% CI
Path *a*	**0.15* (0.05)**	**[0.05, 0.24]**	**0.16* (0.06)**	**[0.04, 0.29]**	**0.17* (0.06)**	**[0.06, 0.28]**
Path *b*	0.04 (0.09)	[-0.14, 0.21]	0.06 (0.10)	[-0.13, 0.25]	0.06 (0.10)	[-0.12, 0.25]
Path *c*	--	--	--	--	--	--
Path *d*	**0.33* (0.12)**	**[0.09, 0.56]**	**0.32* (0.10)**	**[0.12, 0.52]**	**-0.60* (0.15)**	**[-0.90, -0.30]**
Path *e*	**0.17* (0.06)**	**[0.05, 0.29]**	0.05 (0.09)	[-0.13, 0.24]	-0.05 (0.08)	[-0.20, 0.11]
Path *f*	-0.07 (0.06)	[-0.19, 0.05]	0.05 (0.07)	[-0.09, 0.18]	0.08 (0.08)	[-0.08, 0.09]
Path *g*	0.04 (0.08)	[-0.12, 0.20]	0.03 (0.08)	[-0.13, 0.20]	-0.01 (0.12)	[-0.24, 0.23]
Path *h*	--	--	--	--	--	--
Path *i*	**0.71* (0.05)**	**[0.61, 0.82]**	**0.70* (0.07)**	**[0.56, 0.85]**	**0.38* (0.11)**	**[0.16, 0.59]**
Path *j*	-0.05 (0.05)	[-0.14, 0.05]	-0.05 (0.04)	[-0.14, 0.03]	0.01 (0.04)	[-0.08, 0.09]
Path *k*	**-0.10* (0.04)**	**[-0.18, -0.02]**	**-0.11* (0.05)**	**[-0.21, -0.02]**	-0.02 (0.04)	[-0.10, 0.06]
Path *l*	--	--	--	--	--	--
Path *m*	-0.01 (0.04)	[-0.09, 0.08]	0.02 (0.05)	[-0.09, 0.12]	**0.14* (0.05)**	**[0.04, 0.24]**
Path *n*	**-0.36* (0.14)**	**[-0.63, -0.09]**	**-0.33* (0.15)**	**[-0.63, -0.04]**	**0.77* (0.35)**	**[0.08, 1.45]**
Unconditional indirect association of savoring through positive emotions	**0.05* (0.02)**	**[0.002, 0.10]**	**0.05* (0.03)**	**[0.004, 0.10]**	**-0.10* (0.04)**	**[-0.18, -0.02]**
Unconditional indirect association of mindfulness through positive emotions	0.01 (0.03)	[-0.05, 0.07]	0.02 (0.03)	[-0.04, 0.08]	-0.04 (0.06)	[-0.15, 0.08]

Unconditional indirect association of savoring through negative emotions	0.02 (0.02)	[-0.02, 0.05]	0.02 (0.02)	[-0.01, 0.05]	0.004 (0.03)	[-0.06, 0.07]
Unconditional indirect association of mindfulness through negative emotions	0.04† (0.02)	[-0.003, 0.08]	0.04† (0.02)	[-0.01, 0.08]	-0.02 (0.03)	[-0.08, 0.05]

Examining Conditional Indirect Associations:
Mindfulness, Savoring, and Their Interaction as Predictors of Positive and Negative Emotions
and, In Turn, Residualized Change in Psychological Health

	Satisfaction with life		Psychological well-being		Depressive symptoms	
	Estimate (*SE*)	95% CI	*Estimate* (*SE*)	95% CI	*Estimate* (*SE*)	95% CI
Path *a*	**0.15* (0.05)**	**[0.06, 0.24]**	**0.16* (0.06)**	**[0.04, 0.27]**	**0.17* (0.05)**	**[0.07, 0.28]**
Path *b*	0.02 (0.09)	[-0.14, 0.19]	0.04 (0.09)	[-0.14, 0.22]	0.05 (0.09)	[-0.13, 0.24]
Path *c*	**0.15* (0.06)**	**[0.03, 0.28]**	**0.15* (0.07)**	**[0.02, 0.28]**	**0.15* (0.07)**	**[0.01, 0.28]**
Path *d*	**0.40* (0.12)**	**[0.16, 0.64]**	**0.32* (0.10)**	**[0.11, 0.52]**	**-0.68* (0.17)**	**[-1.02, -0.35]**
Path *e*	**0.17* (0.06)**	**[0.05, 0.29]**	0.07 (0.09)	[-0.11, 0.24]	-0.04 (0.08)	[-0.19, 0.12]
Path *f*	-0.08 (0.06)	[-0.20, 0.03]	0.05 (0.07)	[-0.09, 0.18]	0.09 (0.08)	[-0.06, 0.25]
Path *g*	0.05 (0.08)	[-0.10, 0.20]	0.03 (0.08)	[-0.13, 0.20]	-0.01 (0.12)	[-0.25, 0.23]
Path *h*	**-0.18* (0.06)**	**[-0.29, -0.06]**	0.01 (0.07)	[-0.13, 0.14]	**0.20* (0.10)**	**[0.02, 0.39]**
Path *i*	**0.70* (0.05)**	**[0.60, 0.80]**	**0.71* (0.07)**	**[0.56, 0.85]**	**0.37* (0.11)**	**[0.16, 0.58]**
Path *j*	-0.04 (0.05)	[-0.14, 0.05]	-0.05 (0.04)	[-0.14, 0.04]	0.01 (0.04)	[-0.08, 0.09]
Path *k*	**-0.09* (0.04)**	**[-0.17, -0.02]**	**-0.10* (0.05)**	**[-0.19, -0.01]**	-0.02 (0.04)	[-0.10, 0.06]
Path *l*	**-0.07* (0.03)**	**[-0.13, -0.001]**	**-0.07* (0.03)**	**[-0.13, 0.00]**	**-0.06* (0.03)**	**[-0.12, -0.001]**
Path *m*	-0.01 (0.04)	[-0.09, 0.07]	0.08 (0.05)	[-0.10, 0.11]	**0.13* (0.05)**	**[0.04, 0.23]**
Path *n*	**-0.44* (0.14)**	**[-0.72, -0.16]**	**-0.33* (0.15)**	**[-0.63, -0.03]**	**0.86* (0.35)**	**[0.18, 1.54]**
Conditional indirect association of savoring through positive emotions						
At low mindfulness (-1 SD)	0.01 (0.03)	[-0.05, 0.07]	0.01 (0.03)	[-0.04, 0.06]	-0.04 (0.05)	[-0.14, 0.06]
At average mindfulness (M)	**0.06* (0.03)**	**[0.01, 0.11]**	**0.05* (0.02)**	**[0.004, 0.10]**	**-0.12* (0.04)**	**[-0.20, -0.03]**
At high mindfulness (+1 SD)	**0.11* (0.04)**	**[0.03, 0.18]**	**0.09* (0.04)**	**[0.02, 0.16]**	**-0.20* (0.07)**	**[-0.33, -0.06]**
Conditional indirect association of mindfulness through positive emotions						

At low savoring (-1 SD)	-0.06 (0.05)	[-0.16, 0.03]	-0.05 (0.04)	[-0.12, 0.03]	0.08 (0.08)	[-0.07, 0.23]
At average savoring (M)	0.01 (0.03)	[-0.06, 0.08]	0.01 (0.03)	[-0.05, 0.07]	-0.04 (0.07)	[-0.17, 0.09]
At high savoring (+1 SD)	0.08† (0.05)	[-0.01, 0.18]	0.07 (0.05)	[-0.02, 0.16]	-0.16 (0.10)	[-0.35, 0.04]
Conditional indirect association of savoring through negative emotions						
At low mindfulness (-1 SD)	0.004 (0.02)	[-0.04, 0.05]	0.001 (0.02)	[-0.03, 0.03]	-0.04 (0.04)	[-0.11, 0.04]
At average mindfulness (M)	-0.02 (0.02)	[-0.06, 0.02]	-0.02 (0.02)	[-0.05, 0.01]	-0.003 (0.03)	[-0.06, 0.06]
At high mindfulness (+1 SD)	-0.04† (0.02)	[-0.09, 0.01]	-0.03 (0.02)	[-0.07, 0.01]	0.03 (0.03)	[-0.04, 0.10]
Conditional indirect association of mindfulness through negative emotions						
At low savoring (-1 SD)	-0.01 (0.02)	[-0.05, 0.04]	-0.01 (0.02)	[-0.05, 0.03]	-0.04 (0.04)	[-0.12, 0.05]
At average savoring (M)	-0.04† (0.02)	[-0.08, 0.002]	-0.03† (0.02)	[-0.07, 0.01]	0.01 (0.03)	[-0.04, 0.07]
At high savoring (+1 SD)	**-0.07* (0.03)**	**[-0.13, -0.01]**	**-0.06* (0.03)**	**[-0.11, -0.002]**	0.06† (0.04)	[-0.01, 0.13]

Supplemental Appendix F
Tests of Two Alternative Models

The order of the variables in the model tested (i.e., the interaction between savoring the moment and mindfulness predicting positive emotions) is supported by previous theory and evidence as well as the order of the measurement in our longitudinal design. Nevertheless, tests of two conceivable alternative models were conducted. First, we examined whether mindfulness and positive emotions interacted to predict higher levels of savoring the moment. Positive emotions (PEs) were calculated as the mean positive emotions score across all daily reports. All variables were grand-mean centered such that 0 represented the average person in the sample. Though mindfulness was marginally and PEs were significantly positively predictive of greater savoring, the interaction term was not significant (see Table E1).

Table E1: Mindfulness and Positive Emotions Predicting Savoring the Moment

	B (SE)	95% CI	Significance test $df = 85$
Intercept	-0.02 (0.12)	[-0.26, 0.21]	$t = -0.19, p = 0.85$
Mindfulness	0.27ⱡ (0.15)	[-0.02, 0.57]	$t = 1.82, p = 0.07$
Positive Emotions	0.66* (0.20)	[0.26, 1.05]	$t = 3.31, p = 0.001$
Mindfulness-X-PEs	0.22 (0.24)	[-0.25, 0.69]	$t = 0.94, p = 0.35$

$N = 89$. $R^2 = 0.20$, $F(3,85) = 7.05$, $p = 0.0003$. * $p < .05$, ⱡ $p < .10$

Next, we examined whether savoring the moment and positive emotions interacted to predict higher levels of mindfulness. All variables were calculated and centered as before. Savoring was significantly positively predictive of greater mindfulness. Further, the direction of the marginal interaction with PEs suggested that this relationship between savoring and mindfulness was stronger at higher mean levels of PEs, though the interaction term failed to reach conventional levels of significance (see Table E2).

Table E2: Savoring the Moment and Positive Emotions Predicting Mindfulness

	B (SE)	Significance test $df = 85$	95% CI
Intercept	-0.06 (0.09)	$t = -0.72, p = 0.47$	[-0.23, 0.11]
Savoring	0.16* (0.07)	$t = 2.12, p = 0.04$	[0.01, 0.30]
Positive Emotions	0.11 (0.15)	$t = 0.78, p = 0.44$	[-0.18, 0.41]
Savoring-X-PEs	0.22ⱡ (0.12)	$t = 1.90, p = 0.06$	[-0.01, 0.45]

$N = 89$. $R^2 = 0.12$, $F(3,85) = 3.96$, $p = 0.01$. * $p < .05$, ⱡ $p < .10$