

# PLEASANT EVENTS CALENDAR

Be aware of a pleasant event at the time it is happening. Use the following questions to focus your awareness on the details of the experience as it is happening. Write it down later.

What was the experience?	Were you aware of the pleasant feelings while the event was happening?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this event?	What thoughts are in your mind now, as you write this down?
Example: Going out for a walk, and watching a sunrise/sunset	Yes	Warmth on my face, sighing, breathing getting slower	Feeling grateful to be walking, not missing the moment	I'm glad i got up for this moment
Day of Week: _____				
Day of Week: _____				
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