

Pleasant Events calendar

Bring your attention to notice a pleasant event that is happening in the present moment. **Make a mental note of what you noticed in your thoughts, emotions, and body sensations.** Use these questions to focus your awareness on the details of the experience as it is happening. Write it down as soon as possible.

What was the experience? Ex. Seeing a child smile, enjoying my morning coffee.	Were you aware of the pleasant feelings while the event was happening?	How did your body feel? Give details about specific sensations and the location, if possible.	What feelings, emotions and thoughts happened with this event?	What are your thoughts now as you write about this event?
Monday:				
Tuesday:				
Wednesday:				
Thursday:				
Friday:				
Saturday:				
Sunday:				