

## AWARENESS OF PLEASANT EVENTS CALENDAR

Instructions: Be aware of one pleasant event or occurrence each day *while* it is happening.  
Record your experience below.

	What was the experience?	Were you aware of the pleasant feelings <i>while</i> 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 right now, as you write this down?
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					