

Pleasant Events Diary

Intentionally reflecting on the pleasant events that happen in our lives can bring a level of awareness that helps turn our minds away from negative thoughts, to positive ones. When we note the pleasant feelings, thoughts and sensations we experience in a given moment, we begin to relate to 'unpleasant' experiences differently.

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, thoughts, and feelings accompanied this event?	What thoughts are in your mind now as you write about this event?
Monday				
Tuesday				
Wednesday				



Thursday				
Friday				
Saturday				
Sunday				

