

PLEASANT EXPERIENCES CALENDAR

What was the experience?	How did your body feel, in detail, during this experience?	What moods and feelings accompanied this event?	What thoughts went through your mind?	What thoughts are in your mind now as you write about this event?
Heading home at the end of my working day —stopping, hearing a bird sing.	Lightness across the face, aware of shoulders drooping, uplift of corners of mouth.	Relief, pleasure.	"That's good," "How lovely [the bird]," "It's so nice to be outside."	"It was such a small thing, but I'm glad I noticed it."
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				