

Mindfulness-Based Stress Reduction Awareness of Pleasant Events Calendar

Instructions: This week, be aware of one pleasant event or occurrence each day while it is happening. At a later time, on a calendar such as the one provided here, record in detail what it was and your experience of it.

	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? Describe the sensations you felt.	What moods, feelings and thoughts accompanied this event at the time?	What sensations, thoughts or mood, are in your mind now as you write this down?
Monday					
Tuesday					
Wednesday					

Thursday					
Friday					
Saturday					
Sunday					