

Pleasant Events Calendar

| 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? | What moods, feelings, and thoughts accompanied this event? | What thoughts are in your mind now as you write about this event? |
|--------------------------|--|--|--|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |