

**AWARENESS OF PLEASANT EVENTS CALENDAR \***

	<b>What was the pleasant experience?</b>	<b>Were you aware of the pleasant feelings while the event was happening?</b>	<b>How did your body feel, in detail, during this experience?</b>	<b>What moods, feelings, and thoughts accompanied this event at the time?</b>	<b>What thoughts are in your mind now as you write this down?</b>
<b>Saturday</b>					
<b>Sunday</b>					
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					

\* Full Catastrophe Living, Jon Kabat-Zinn