## Informal Practice Log (Pleasant Events Calendar) – Week 2

| What was the experience?  | Were you aware of the<br>pleasant feelings <i>while</i> the<br>event was happening? | How did your body feel, in<br>detail, during this<br>experience?                          | What moods, feelings, and thoughts accompanied this event?                          | What thoughts, sensations,<br>emotions do you notice now<br>as you write this down?                     |
|---|---|---|---|---|
| <b>EXAMPLE</b><br>Heading home after work –<br>stopping, hearing a bird sing. | Yes.  | Lightness across the face, aware of<br>shoulders dropping, uplift of<br>corners of mouth. | Relief, pleasure, "That's good",<br>"Pretty song", "it's so nice to be<br>outside". | It's such a small thing but I'm glad<br>I noticed it. I get a warm feeling<br>and a tingling in my body |
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| 7th day & beyond is optional  |   |   |   |   |