

Mindfulness-Based Stress Reduction Awareness of Pleasant Experiences Calendar

Instructions: This week, be aware of one pleasant experience 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 it was happening?	How did your body feel, in detail, during this experience? Describe the sensations you felt.	What moods, feelings and thoughts accompanied this experience at the time?	What sensations, thoughts or emotions are in your mind now as you recall this and write it down?
Monday					
Tuesday					
Wednesday					

	What was the experience?	Were you aware of the pleasant feelings while it was happening?	How did your body feel, in detail, during this experience? Describe the sensations you felt.	What moods, feelings and thoughts accompanied this experience at the time?	What sensations, thoughts or emotions are in your mind now as you recall this and write it down?
Thursday					
Friday					
Saturday					
Sunday					