

Awareness of Pleasant Experiences

Day	Describe your experience	Describe how your body felt during this experience	Describe any moods or feelings	What thoughts did you have?
<i>Example:</i>	<i>A bird landed on a tree just outside my window</i>	<i>Eyes widen, standing quite still, breathing more slowly, smiling</i>	<i>Excited, happy, alert</i>	<i>"wow, I've never seen a bird this close up", "It is beautiful, an interesting reddish brown colour. male or female?"</i>
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				

Adapted from Williams et al., (2007) The Mindful Way Through Depression. New York: Guilford Press