**Pleasant Moments Calendar**

Be aware of a pleasant moment at the time it is happening. Use these questions to focus your awareness on the details of the experience as it is happening. Record your observations at the end of the day.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| What was the moment? | Were you aware of pleasant feelings during this moment? | How did your body feel, in detail, during this moment? | What moods, feelings, & thoughts accompanied this moment? | What thoughts/ feelings are you experiencing now as you recall the moment? |
| Example: *The smell of cookies baking in the oven.* | *Yes* | Warm, slight smile, breathing deep, calm | Contentment, gratitude, cozy. Feeling of comfort. | Looking forward to being warm and cozy when it’s cold outside. Spending time with family.  |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |

 \*Adapted from Jon Kabat-Zinn’s *Full Catastrophe Living*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| What was the moment? | Were you aware of pleasant feelings during this moment? | How did your body feel, in detail, during this moment? | What moods, feelings, & thoughts accompanied this moment? | What thoughts/ feelings are you experiencing now as you recall the moment? |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |