Be aware of a pleasant event at the time it is happening. Use the following questions to focus you awareness on the details of the experience as it is happening. Write it down as soon as possible.

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| **Day** | **What was the experience?** | **How did your body feel, in detail, during the experience?** | **What thoughts and images accompanied this event? (Write thoughts in words, describe images).** | **What moods, feelings, and emotions accompanied this event?** | **What thoughts are in your mind now as you write this down?** |
| *Monday* | *Example:*  *Leaving work to go home on a Friday evening, stopping and hearing an owl.* | *Lightness across the face, aware of shoulders dropping, uplifting of the corners of mouth.* | *‘It’s good to be home’.*  *‘What a lovely sound’*  *‘It is good to be outside’.* | *Relief, pleasure.* | *I am glad I took the time to notice; even the small things are worth noticing.* |
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