**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 later.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **What was the experience?** | **How did your body feel, in detail, during the experience?** | **What moods and feelings accompanied this event?** | **What thoughts went through your mind?** | **What thoughts are in your mind now as you write this down?** |
| *Monday* | *Example:*  *Seeing some deer whilst walking the dog.* | *A sense of lightness, a gasp of awe from my mouth then the movement of my mouth into a broad smile.* | *Pleasure and a sense of being part of my environment.* | *I so often take where I live for granted, what a beautiful experience.* | *It is so lovely to notice things and by writing it down now I almost get to relive it.* |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |