# Informal Practice Log (Pleasant Events Calendar) – Week 2

| What was the experience? | Were you aware of the pleasant feelings *while* the event was happening? | How did your body feel, in detail, during this experience? | What moods, feelings, and thoughts accompanied this event? | What thoughts, sensations, emotions do you notice now as you write this down? |
|---|---|---|---|---|
| ***EXAMPLE***<br>*Heading home after work – stopping, hearing a bird sing.* | *Yes.* | *Lightness across the face, aware of shoulders dropping, uplift of corners of mouth.* | *Relief, pleasure, "That's good", "Pretty song", "it's so nice to be outside".* | *It's such a small thing but I'm glad I noticed it. I get a warm feeling and a tingling in my body..* |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |