**Noticing One Pleasant Event Each Day – Diary**

**Notice one pleasant event at the time it is happening. Answering these questions can help to focus your attention on the event, as it is happening. Write it down later.**

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| **Day** | **What was the pleasant experience?** | **How did your body feel, in detail, during this experience?** | **What moods and feelings accompanied the experience?** | **What thoughts went through your mind?** | **What thoughts are in your mind now as you write this down?** |
| example | On the way to work, stopping to watch new-born lambs in a field | Shoulders relaxed, and chest opened. Warm, cosy feeling | Peace, joy of life | Spring is here already. How beautiful nature can be. | I’m so please that I took a few moments to stop and look. |
| Day 1 |  |  |  |  |  |
| Day 2 |  |  |  |  |  |
| Day 3 |  |  |  |  |  |
| Day 4 |  |  |  |  |  |
| Day 5 |  |  |  |  |  |
| Day 6 |  |  |  |  |  |
| Day 7 |  |  |  |  |  |