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 *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..*