

# MINDFULNESS WORKSHEET 8

(Mindfulness Handouts 9, 9a)

## Mindfulness of Pleasant Events Calendar

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

**Be aware of a pleasant event at the time it is happening.** Pay attention to everyday, ordinary events that at the time feel pleasant to you. Try to experience the moment, even if it is only fleeting. Use the following questions to focus your awareness on the details of the experience as it is happening. Write it down later.

What was the experience?	What was the one activity in just one moment that you could bring your attention to?	How did your body feel during this experience?	Describe your emotions and thoughts while practicing the skill.	What is your experience now, after using the skill?
<b>Example:</b> Seeing a bird while walking around green lake.	Yes.	<i>Lightness across the face, aware of shoulders drooping, uplift of corners of mouth.</i>	<i>Relief, pleasure, "That's good," "How lovely (the bird) sings," "it's so nice to be outside."</i>	<i>It was such a small thing but I'm glad I noticed it.</i>
<b>Monday:</b>				
<b>Tuesday:</b>				
<b>Wednesday:</b>				

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What was the experience?	What was the one activity in just one moment that you could bring your attention to?	How did your body feel during this experience?	Describe your emotions and thoughts while practicing the skill.	What is your experience now, after using the skill?
Thursday:				
Friday:				
Saturday:				
Sunday:				

List any and all wise things you did this week: \_\_\_\_\_