

Day	What was the experience?	How did your body feel, in detail, during this experience?	What thoughts and images accompanied this event?	What moods, feelings, emotions accompanied this event?	What thoughts are in your mind now as you write this down?
Example:	Heading home after work - hearing a bird sing	Lightness across face, aware of shoulders dropping, uplift of corners of mouth	"That's good", "How lovely" (the bird), "It's so nice to be outside"	Relief, pleasure, contentment	"It was such a small thing but I'm glad I noticed it"
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					