

Mindful Mood Balance: Awareness of Pleasant Experiences

	What was the experience?	What sensations in your body were present during the experience?	What moods or feelings were present during the experience?	What thoughts were present during the experience?	What thoughts are in your mind now as you write this down?
<i>Example:</i>	<i>Sitting on the porch for a few moments in the middle of the day</i>	<i>Feeling the cool air on my hands and the warmth of the sun on my face</i>	<i>Happy, content</i>	<i>It's such a relief to be outside and pause in the middle of the day.</i>	<i>Small moments can make a big difference sometimes</i>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Adapted from Williams et al., (2007) The Mindful Way Through Depression. New York: Guilford Press