

Bringing mindfulness to a pleasant/unpleasant event each day

Bring mindful attention to one pleasant/unpleasant event each day. Use this form to focus your awareness on the details of the experience as it is happening. Reflect on these experiences after one week: What did you learn, what did you notice or discover *by just bringing mindful attention* to them?

What was the experience?	How did your body feel, in detail, during the experience?	What thoughts did you have?	What moods, feelings, and thoughts accompanied this event?	What thoughts are in your mind now as you write about this?
Hearing a bird.	Lightness across the face, aware of shoulders dropping, uplift of corners of the mouth.	“That’s good,” “How Lovely” (the bird), “It’s so nice to be outside.	Relief, pleasure	It was such a small thing, but I’m glad I noticed it.
Someone cut in front of me.	Tightness around my eyes, my jaw was clenched, my shoulders raised	I should be firm. Some people think only about themselves. People walk all over me.	I felt angry and taken advantage of. I felt guilty for not standing up for myself.	If something seems unfair, I always blame myself.

Reflection at the end of the week— Insights? Learnings? Surprises? Patterns?