Building in good experiences

Plan enjoyable and meaningful things for this week and for the longer term.

Name _____ Date _____

Good feelings do not just happen. They come from doing things that are enjoyable or meaningful, and from paying enough attention to notice them.

This week

Day	One small good thing	Did I do it?	Was I really there for it?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Being there means giving it your attention. If your mind goes to worries, or to when it will end, notice that and come back.

Over time

What matters to me that I would like more of in my life

A goal that would move me towards it

The first small step, and when I will take it

Notice the "yes, but"

When something good happens, watch for the thoughts that take it away: "It will not last." "I do not deserve it." You can notice those thoughts and still enjoy the moment.

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