

**EXAMPLE: PLEASURABLE ACTIVITIES LOG**

When?	What Did You Do?	How Did You Feel?	What Did You Think?
<i>Wednesday night</i>	<i>I took a hot bath.</i>	<i>Very relaxed and calm</i>	<i>"I should do this more often."</i>
<i>Thursday afternoon</i>	<i>I treated myself to a delicious lunch at work.</i>	<i>Satisfied and happy</i>	<i>"I enjoy good food even if I can't always afford it."</i>
<i>Thursday night</i>	<i>I turned off my phone and watched a movie.</i>	<i>Very good, laughed a lot</i>	<i>"I don't watch enough comedies."</i>
<i>Friday night</i>	<i>I went to dinner with my boyfriend.</i>	<i>Excited, nervous, happy</i>	<i>"I wish we went out like that more often."</i>
<i>Saturday morning</i>	<i>I went to temple for religious services.</i>	<i>Holy, special, calm</i>	<i>"I should come more often."</i>
<i>Saturday afternoon</i>	<i>I went for a walk at the lake</i>	<i>Calm and peaceful</i>	<i>"The lake was beautiful".</i>
<i>Saturday afternoon</i>	<i>I went out for ice cream after the walk.</i>	<i>Happy, like I used to when I was younger</i>	<i>"I miss being this happy."</i>
<i>Saturday night</i>	<i>I stayed at home and read.</i>	<i>Relaxed and quiet</i>	<i>"Sometimes it's nice to do quiet things."</i>
<i>Sunday morning</i>	<i>I slept late.</i>	<i>Very rested</i>	<i>"I don't get enough sleep during the week."</i>
<i>Sunday night</i>	<i>I took another bubble bath</i>	<i>Very relaxed</i>	<i>"I should do this every night."</i>

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