

# Pleasant Reflections

As we will learn in Lesson 3, it is very easy to miss out on pleasant experiences when we are busy, stressed, or anxious. We may intentionally de-prioritise them in favour of the things we believe we should be doing or must get done. Even when we do pause to enjoy or appreciate the pleasant, it might slip away quickly if our attention or thoughts are captured by our worries or planning.

In the realm of positive psychology, actively savouring the pleasant is seen as important for our wellbeing. Use the template below to recall the pleasant things you have experienced recently – the little things and the bigger joyful occasions. See mine for an example...

Describe the pleasant experience (what happened?)

*Morning coffee with my friend before work*

How did it feel in the body?

*A gradual release of physical tension; the heat of the cup in my hands felt comforting; the smell and taste of the coffee was pleasant, bitter, and creamy.*

What thoughts & ideas came up?

*A bit guilty that I hadn't gone straight into the office, but I felt lighter and uplifted by this break in routine. Easeful.*

What were my moods & feelings?

*A few times I thought of the use I could have made of this time if I had gone straight into work. But then: this is so nice, why don't we do this more often!? I am glad I got out of bed early for this. I am starting the day well. I am lucky to be able to do this.*

Were there any actions or impulses?

*To rush through the coffee and get to work, to keep checking the time.*

# *Pleasant Reflections*

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(what happened?)

How did it feel in the  
body?

What thoughts & ideas came up?

What were my moods & feelings?

Were there any actions or impulses?