

## Mindfulness of Positive Experiences

Mindfulness of Positive Experiences is a helpful tool to accumulate positive emotions and decrease the frequency of unwanted emotions, reduce emotional suffering, increase resilience and your ability to cope with difficult things.

**Step 1:** Simply make it your mission to notice, each day:

One thing that was funny

One thing you did well

One thing that was pleasant

**Step 2:** Report to yourself, by journaling or reflecting on before bedtime:

One thing that was funny today ...

One thing I did well today ...

One thing that was pleasant today ...

**Things to Remember:**

Focus your attention on positive moments when they are happening. No multitasking.

Refocus your attention when your mind wanders to the negative.

Participate and engage fully in each experience.

**Be Unmindful of Worries Such as . . .**

When the positive experience will end.

Whether you deserve this positive experience.

How much more might be expected of you now ...