

Appreciating Your Partner

Fill in this form each day. It's okay if there's overlap and repetition between columns. Notice (at least) three things you appreciate about your partner. They don't have to be big things; they can be tiny. It might be the way he smiles, or the sound of her laughter.

Contemplate what your partner adds to your life. If you're stuck for ideas, consider these questions: If my partner were on his deathbed, what would I tell him I appreciated most about him? If my partner died, what would I find hardest about living alone? Each day notice (at least) three ways in which your partner contributes to your life. Again, they don't have to be big things. It might be the simple fact that she goes to work to earn money to help pay for some of the things you enjoy having. Or the simple pleasure of having someone to talk to over dinner. Or the feeling of added security you have when you're not alone.

Think back to when you first met your partner: what personal qualities and strengths did she have? What did he say or do that made him attractive? In all likelihood, those strengths and qualities are still there today. Each day notice (at least) three things your partner says or does that are representative of her personal strengths and qualities.

3 Things I Noticed Today That I Appreciate About My Partner	3 Ways My Partner Contributed To My Life Today	3 Things My Partner Said or Did Today That Represent Their Best Strengths and Qualities