

APPRECIATION JOURNAL

It is easy to fall in to a pattern of seeing the worst in your partner. However, sometimes we need to shift our own focus from the negative to the positive to open up and look at our relationship and partner differently. Take a moment every day this coming week to reflect on what you are grateful for when it comes to your partner.

DAY	STATEMENT	YOUR REFLECTION
MONDAY	Something I appreciate about them is...	
	A way they contributed to my today life was...	
	A positive thing they said/did today was...	
TUESDAY	Something I appreciate about them is...	
	A way they contributed to my today life was...	
	A positive thing they said/did today was...	
WEDNESDAY	Something I appreciate about them is...	
	A way they contributed to my today life was...	
	A positive thing they said/did today was...	
THURSDAY	Something I appreciate about them is...	
	A way they contributed to my today life was...	
	A positive thing they said/did today was...	
FRIDAY	Something I appreciate about them is...	
	A way they contributed to my today life was...	
	A positive thing they said/did today was...	
SATURDAY	Something I appreciate about them is...	
	A way they contributed to my today life was...	
	A positive thing they said/did today was...	
SUNDAY	Something I appreciate about them is...	
	A way they contributed to my today life was...	
	A positive thing they said/did today was...	