

LOVE 101 LESSON



APPRECIATION EXERCISE

Three Simple Questions

PURPOSE OF THIS EXERCISE

The Purpose of this exercise and practice is to feel Love and connection to your Partner.

How?

By reminding yourself and your Partner why you Appreciate each other.

Starting with yourself first.

What is the Appreciation Exercise?

The Appreciation Exercise is
A way to Demonstrate Appreciation (Love) Through Conversation

There are 3 questions for each Partner to ask and answer to complete the
Appreciation Exercise.

APPRECIATION EXERCISE QUESTIONS

Aim for 1-3 answers for each question

What is something you appreciate about yourself?

What is something you appreciate about me?

What is something you appreciate about our relationship?

That's it!

Have This Conversation Often!