

# Appreciation Journal

Daily gratitude practice for couples

## Why This Matters:

Research shows that expressing appreciation strengthens relationships. This 30-day journal helps you notice and celebrate the small things your partner does.

## Instructions:

Each day, write one thing you appreciate about your partner. Share it with them at the end of the week.

## Week 1

**Day 1:** Today I appreciate...

**Day 2:** Today I appreciate...

**Day 3:** Today I appreciate...

**Day 4:** Today I appreciate...

**Day 5:** Today I appreciate...

**Day 6:** Today I appreciate...

**Day 7:** Today I appreciate...

## **Week 2**

**Day 8:** Today I appreciate...

**Day 9:** Today I appreciate...

**Day 10:** Today I appreciate...

**Day 11:** Today I appreciate...

**Day 12:** Today I appreciate...

**Day 13:** Today I appreciate...

**Day 14:** Today I appreciate...

## **Week 3**

**Day 15:** Today I appreciate...

**Day 16:** Today I appreciate...

**Day 17:** Today I appreciate...

**Day 18:** Today I appreciate...

**Day 19:** Today I appreciate...

**Day 20:** Today I appreciate...

**Day 21:** Today I appreciate...

## **Week 4**

**Day 22:** Today I appreciate...

**Day 23:** Today I appreciate...

**Day 24:** Today I appreciate...

**Day 25:** Today I appreciate...

**Day 26:** Today I appreciate...

**Day 27:** Today I appreciate...

**Day 28:** Today I appreciate...

## **Reflection:**

After 30 days, what patterns do you notice?

How has this practice affected your relationship?

What will you continue doing?