

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?