



**The Healing Collective**

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# Partnership Gratitude List



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## DAILY PARTNERSHIP GRATITUDE LIST

For every day of this week, make a list of at least five qualities you are grateful for in your partner.

- As this gratitude exercise becomes a habit, your awareness of what you're grateful for will increase.
- If you have trouble coming up with things you appreciate about your partner, remember to be mindful, which you can do by trying to visualize and/or experience what you are grateful for.
- After this initial week, it is helpful to continue reminding yourself what you are grateful for in your partner once a week.
- You may even start a gratitude journal for your relationship, where you can document your gratitude exercises.

Monday: In my partner, I am grateful for...

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Tuesday: In my partner, I am grateful for...

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Wednesday: In my partner, I am grateful for...

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Thursday: In my partner, I am grateful for...

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Friday: In my partner, I am grateful for...

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Saturday: In my partner, I am grateful for...

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Sunday: In my partner, I am grateful for...

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