

# Appreciation and gratitude chart

Write down 10 things that your partner does for the good of the relationship that you appreciate. Make a note against each day when you notice that your partner does one of these things. Tell your partner what you have noticed and express your gratitude.

Things my partner does that I appreciate:	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							