Appreciation log

Noticing what is going right between you.

Name _____ Date _____

When a relationship is under strain, we start to notice only what the other person gets wrong. This rebuilds the habit of seeing the rest. Each day, write one thing they did or one quality you value. Then tell them.

Day	Something I appreciated	Did I say it?	How they responded
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

What do I notice after a week of this?

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