

# 30 DAYS OF PARTNER APPRECIATIONS

What you put your attention on grows in value

## DAY 1

Make eye contact: "I appreciate you for being in my life."

## DAY 2

One unique quality you have that I appreciate is \_\_\_\_\_.

## DAY 3

I appreciate your skill in \_\_\_\_\_.

## DAY 4

I appreciate your body, and especially your \_\_\_\_\_.

## DAY 5

One aspect of your voice I really appreciate is \_\_\_\_\_.

## DAY 6

I appreciate the way you've helped me to grow by \_\_\_\_\_.

## DAY 7

Something that I really appreciate that you do without drawing any attention to it is \_\_\_\_\_.

## DAY 8

To another person: "One thing I really appreciate about \_\_\_\_\_ is \_\_\_\_\_."

## DAY 9

I'm falling in love with your \_\_\_\_\_ all over again.

## DAY 10

One thing you do I appreciate, that I've at time taken for granted is \_\_\_\_\_.

## DAY 11

Something about the way you see the world that I appreciate is \_\_\_\_\_.

## DAY 12

I appreciate the value you place on \_\_\_\_\_.

## DAY 13

I appreciate the way you create beauty in our lives by \_\_\_\_\_.

## DAY 14

I appreciate your \_\_\_\_\_. I'm creating space for you to appreciate it too.

## DAY 15

Sit back-to-back. Silently appreciate your partner for just being.

## DAY 16

One thing I appreciate about your mind is \_\_\_\_\_.

## DAY 17

I appreciate that your creativity has generated \_\_\_\_\_.

## DAY 18

I appreciate how much you've taught me about \_\_\_\_\_.

## DAY 19

As I watch your back I'm appreciating \_\_\_\_\_.

## DAY 20

One thing I really appreciate about your sexuality is \_\_\_\_\_.

## DAY 21

"I (name), appreciate you (name) for \_\_\_\_\_. Ask them to repeat it to you.

## DAY 22

In your interactions with others, I really appreciate the way you \_\_\_\_\_.

## DAY 23

One of your spiritual qualities that I really appreciate is \_\_\_\_\_.

## DAY 24

One new thing I'm noticing to appreciate about you is \_\_\_\_\_.

## DAY 25

I appreciate all your feelings: anger, sadness, fear, sexual feelings & joy.

## DAY 26

One way in which you've grown that I appreciate is \_\_\_\_\_.

## DAY 27

Interview your partner about how he or she mosts likes to be appreciated.

## DAY 28

Today, I generated appreciation for my \_\_\_\_\_.

## DAY 29

Send many benign flows of attention (a def. of appreciation) to him/her.

## DAY 30

"I'm grateful to know you. I'm willing for our relationship to grow in value.

