

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 times taken for granted is _____.

DAY 11

Something about the way you seen 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 most 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.

