

SEEING THE GOOD

*What we focus on tends
to grow in our awareness.*

Every relationship contains strengths and frustrations.
Over time, many couples unintentionally become experts at noticing
what is missing, what is wrong, or what still needs improvement.

The problem is not that these concerns exist.
The problem is that they can begin to dominate our attention.

Healthy relationships require us to notice not only what needs work,
but also what is already working.

Appreciation does not ignore problems.
It helps balance them.

When partners regularly acknowledge positive qualities, efforts,
and moments of connection, they create an environment where
growth becomes more possible.

REFLECTION

Take a few moments to reflect on your partner.

1. THREE QUALITIES I APPRECIATE

1. _____
2. _____
3. _____

2. THREE THINGS MY PARTNER HAS DONE RECENTLY THAT I VALUE

1. _____
2. _____
3. _____

3. ONE WAY MY LIFE IS BETTER BECAUSE OF MY PARTNER

4. APPRECIATION EXERCISE

*Share one of your answers with your partner today.
Notice their reaction.*

How did it feel to express appreciation?

CLOSING THOUGHT

*Relationships grow stronger
when appreciation becomes a habit
rather than an occasional event.*

