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| **Chart for Exercise 14****Preparing for the Next Adventure**(*Developing Habits for Relationship Success v. 5.0)***Name: Date:** |
| **Yes** | **No** | **Today did you…** |
|  |  | …spend a predetermined amount of time thinking about and/or searching the internet for possible novel or fun things to do with your partner? |
|  |  | …invite feelings of excitement and adventurousness to come up inside of you as you looked at possibilities and pictured yourself with your partner doing the activities?  |
|  |  | …spend a little bit of time thinking about past novel things that you and your partner have done together, while savoring the good memories and feelings that came up inside of you? |
|  |  | …tell your partner about some of the ideas that came out of your daily time of thinking and research today? |
|  | Today, did you finalize plans to do an upcoming novel activity? If so, * What are you going to do? *Describe:*
* When are you going to do it? *List the Date*:
* What did each of you agree to do in order to make this happen? *Describe:*
 |
| **What was the last novel activity that you and your partner did together?****When did you do this activity?** |
| Thoughts about today’s exercise. |  |