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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. | |  |