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| **Chart for Exercise 18****Be Proactive**(*Developing Habits for Relationship Success v. 5.0)***Name: Date:** |
| 1. Think about at least 5 improvements that you suspect your partner would love to see accomplished in your home, in her life, or in your life together -- but it seems that there is never enough time to do them. These could be things like household projects, organizational systems that might take some front-end work to get set up, tasks that that would need some planning to accomplish, etc. Write these 5 things down.
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| 1. Now think of some concrete steps you could take to accomplish each of these things, or at least get things rolling.
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| 1. Make sure that you have read the section earlier in Chapter 18 titled, Sustained Inviting. Then, one at a time, picture yourself taking the steps you identified in item 2 above. As you visualize yourself taking each step, take a big breath and let the air out slowly, inviting good feelings to come up inside of you. Pull your shoulders back and symbolically open your heart while you invite feelings of warmth and fondness for your partner. Spend at least 10 seconds exhaling slowly, inviting good feelings, and saying to yourself things like “That will be nice,” or “I will feel good to know that I’m being helpful.”
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| **Yes** | **No** |  |
|  |  | As you pictured yourself doing these things, did you engage in one inhale and a long, slow-release exhale while inviting good feelings to come up inside of you? |
|  |  | Did you remember to pull your shoulders back and symbolically open your heart while you were inviting good feelings? |
| 1. Make plans to do each of these specific things. If possible, set up the time blocks you will devote to implementing each item on your list. Right before you begin doing each of these things, take a few moments to go through the process described in Step 3 again.
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| The Plan: |