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| **Chart for Exercise 19**  **Prioritize Your Partner’s Financial Wishes**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** | | |
| 1. Ask your partner if she would be willing to make a list of things she would like to prioritize financially (other than regular expenses). | | |
| My partner’s priorities: | | |
| 1. Invite her to discuss these things with you. Make suggestions about how the two of you can organize your financial plans to make room for these things. Ask her to make suggestions as well. (Your first reaction might be that you don’t agree about how much to prioritize these things, but try to stay open-minded and avoid stating or implying a hard “no.” Keep letting her know how much you would like for her to have these things and invite her to keep brainstorming with you until you can find a way for her to have them that you both think is feasible.) | | |
| My suggestions: | | |
| 1. Assume responsibility for following through with the plan even if she stops bringing it up. Your dedication to following through may be as important as her receiving the benefits of the financial allocations. | | |
| 1. Make sure that you have read the section earlier in Chapter 18 on Sustained Inviting. When you are by yourself, set some time aside each day to review the items on her list in order to cultivate joy, enthusiasm, and a good attitude about the prospect of her having these things. As you review each item, 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 joy or enthusiasm. For each item, spend at least 10 seconds exhaling, inviting good feelings, and saying to yourself things like “She will be SO happy,” or “It will feel good to know that I helped make this happen.” | | |
| **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? |
| The Plan: | | |