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| **Chart for Exercise 20****Meaningful Gifts**(*Developing Habits for Relationship Success v. 5.0)***Name: Date:** |
| 1. Invite her to have a series of conversations with you where you will interview her about her tastes.
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| 1. During these conversations, go on the internet together and browse inventories of clothing, jewelry, accessories, household items, etc. Ask her to show you things she likes and things she doesn’t until you can predict her tastes with a high degree of accuracy.
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| 1. Secretly make plans for gifts you will buy for her. Put notifications in your phone calendar that will remind you to prioritize these things.
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| Plans: |
| 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 list of gifts you will buy her 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.”
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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? |
| The Plan: |