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| **Chart for Exercise 27****Most Enjoyable Moments with Others**(*Developing Habits for Relationship Success v. 5.0)***Name: Date:** |
| Please describe your three most enjoyable moments with people today, and describe briefly what you liked about these moments: |
| **Yes** | **No** |  |
|  |  | Did you spend at least 10 minutes doing this exercise today?  |
|  |  | Did you tell your partner about the most enjoyable moments that you had with others today? |
| While you were thinking about each item… |
|  |  | Did you invite good feelings to come up inside of you? |
|  |  | Did you take a big breath, and let the air out slowly, relaxing your body as you did so?  |
|  |  | Did you pull your shoulders back and symbolically open your heart while you invited good feelings? |
| Thoughts about today’s exercise: |  |