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| **Chart for Exercise 29**  **Becoming a More Interesting Person**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** | | | | |
| Which of the following did you devote at least ½ hour to today? | | | | |
|  | | Getting out of your comfort zone and try something new. | | |
|  | | Learning about something new that interests you. | | |
|  | | Learning about something that you know your partner finds interesting. | | |
|  | | Reading a book or listen to a podcast that is known to provide interesting perspectives and facts. | | |
|  | | Learning how to tell an interesting story. | | |
| What specifically did you learn or do? | | | | |
| **Yes** | **No** | | At the end of each time block when you worked on one of the above activities, did you | |
|  |  | | …take a big breath and let the air out slowly, inviting a feeling of pride to come up inside of you? | |
|  |  | | ... invite feelings of anticipation as you pictured what your partner’s reaction would be like when you instigate interesting conversation with her? | |
|  |  | | … pull your shoulders back and symbolically open your heart while you invited good feelings? | |
| Before the end of the day, did you instigate interesting conversation with your partner? | | | | |
| How did the conversation feel to you?  \_\_ Really Good  \_\_ Good  \_\_ Medium  \_\_ Bad  \_\_ Really Bad | | | | What (if anything) can you think of that might make the conversation more rewarding tomorrow? |