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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? |