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| **Chart for Exercise 30**  **Positive Happenings**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** | | |
| ***Below, please list some positive things that happened today*** | | |
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| While you were thinking about each item… | | |
| **Yes** | **No** |  |
|  |  | 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? |
|  |  | Did you share your list of positive happenings with your partner today? |
| Thoughts about today’s exercise: | |  |