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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: |  |