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| **Chart for Exercise 31**  **The Best Parts**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** | | |
| **Yes** | **No** |  |
|  |  | Did you spend at least 15 minutes doing this exercise today? |
|  |  | Did you take any pictures or make any recordings? |
|  |  | Did you share your list (and any pictures or videos) of the unique, beautiful or interesting things with your partner? |
| What unique, interesting or beautiful things did you see or experience today as you looked for the “best parts?” | | |
| While you were noticing each unique, interesting or beautiful thing... | | |
|  |  | 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: | |  |