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| **Chart for Exercise 33****Things I’m Grateful for But Sometimes Take for Granted** (*Developing Habits for Relationship Success v. 5.0)***Name: Date:** |
| **What is one of your favorite objects or possessions?** * What do you like about it? (Be specific)
* When is a time you especially enjoyed it?
 |
| **What is a favorite experience you’ve had?** * What did you like about it? (Be specific)
* How did it make you feel?
 |
| **What is something that you get to do on a regular basis that you find satisfying or enjoyable?** * What do you like about it? (Be specific)
* When is a time you especially enjoyed it?
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| **What is a situation or accomplishment in your life that you feel good about?** * How did/does it make you feel?
* Why do you feel good about it? (Be specific)
 |
| **Yes** | **No** |  |
|  |  | Did you set the timer and continue the exercise throughout your chosen time allotment? |
|  |  | Did you add at least one item to the list today? |
| While you were thinking about each item… |
|  |  | 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? |
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|  |  | Did you tell your partner about the one thing that you added to your list? If she was also doing the exercise, did you ask her what item she added to her list, too? |
| Thoughts about today’s exercise: |  |