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| **Chart for Exercise 37****Things I Like About Myself** (*Developing Habits for Relationship Success v. 5.0)***Name: Date:** |
| Make a list of abilities and qualities that you like about yourself, and one time when each ability or quality really paid off or was appreciated: |
| **Yes** | **No** |  |
|  |  | Did you set the timer and continue the exercise throughout your chosen time allotment? |
|  |  | Did you add at least one ability or quality to the list today? |
|  |  | Did you tell your partner about the ability or quality that you added 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? |
| Thoughts about today’s exercise: |  |