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| **Chart for Exercise 39****Becoming More Fully Engaged and Tuned In** (*Developing Habits for Relationship Success v. 5.0 – p. 307)***Name: Date:** |
| **Yes** | **No** |  |
|  |  | Did you spend a specific block of time today where your overriding goal was simply to be present and fully engaged in the moment?  |
|  |  | Did you set the timer and continue the exercise throughout your chosen time allotment? |
| * When was this time block?
* What things came up that threatened to interfere with you being present and fully engaged?
* What ideas do you have about how to be more fully present and engaged tomorrow?
 |
|  |  | Did you talk to your partner about your experiences with full engagement today? |
| Thoughts about today’s exercise: |  |