



Solo & Partner: Practicing Appreciation

Solo:

Make an intention that today you will practice appreciating every little thing about yourself. Appreciate that you got up on time, made it to work, and handled that traffic jam without getting stressed. Appreciate that you made yourself a healthy meal, totally enjoyed eating that piece of chocolate and really listened to your upset friend. Find a way to notice and appreciate all the things you do for yourself and others.

Partner:

Appreciate everything about your sweetie that you can. Actively communicate it with words, smiles and any form of pleasurable attention they love. Be specific. Thank your partner for taking out the garbage, walking the dog and washing the dishes. Thank them for their humor, perseverance, positive attitude, or whatever it is that you enjoy and admire about them.

You can even have an 'appreciation-off,' a fun game to out-appreciate the other. "I really appreciate your kindness." "No, I appreciate *yours* more!"