

# Appreciation

The exercise for today is to give each other a daily 60-second dose of appreciation. Spend 60 seconds sharing with your partner what you appreciate about them. Do your best to use the entire 60 seconds.

After your turn, say thank you.

## Common appreciations to share...

- I appreciate your willingness to connect with me.
- I appreciate your sense of humor.
- I appreciate your support.
- I appreciate that you hear me.
- I appreciate that you give me time to practice self-care.
- I appreciate that you respect my space.
- I appreciate that you respect my space.
- I appreciate that you ask me how I am doing.
- I appreciate that you value my interest.
- I appreciate your commitment to our relationship.
- I appreciate that you pick up after me.
- I appreciate that you do things with me that you do not always enjoy.
- I appreciate that you accept me.
- I appreciate that you prioritize our relationship.