Appreciation Journal

If you only only choose to do one activity from this book we recommend that you choose this one. This activity is like the Miracle-Gro for relationships. It can take relationships that are struggling and help them to thrive or it can take great relationships and make them even better.

The activity is actually very simple. Each day spend at least 5 minutes writing down all the things you spouse did that day that you appreciated. If you can't think of any then take a stroll down memory lane and write about things he or she has done in the past. At the end of the day choose 2-3 items from your list and verbally let your spouse know how much you appreciated what was done.

Continue this activity for at least 30 days and you should witness a miraculous change in your relationship.

The rest of the blank pages of this book have been included for you to start your Appreciation Journal.