

Gratitude Practice

FOR COUPLES

Start off this gratitude practice by each filling out your own copy. Whether you're sweet or serious, let your partner know how much they mean to you.

To:	From:	Date:
<p><u>I first knew I loved you</u> when _____</p> <p>_____</p> <p>_____</p>		
<p><u>My favorite things</u> about you are</p> <p>1: _____</p> <p>2: _____</p> <p>3: _____</p>	<p><u>Not many people know this,</u> but you _____</p> <p>_____</p> <p>_____</p>	
	<p><u>You make me laugh</u> when you _____</p> <p>_____</p> <p>_____</p>	
<p>I can't wait to do these <u>things with you</u></p> <p>1: _____</p> <p>2: _____</p> <p>3: _____</p>	<p><u>You make me feel loved</u> when you _____</p> <p>_____</p> <p>_____</p>	
	<p><u>I'm most thankful for</u> _____</p> <p>_____</p> <p>_____</p>	