



Couple's Gratitude Journal

Each day of the week, complete the following prompts in the Couple's Gratitude Journal. Dig deep and push yourself to be vulnerable. At the end of each day, spend a moment to share with your partner what you wrote about them that day, and for them to share what they wrote about you.

Monday	
Something good my partner did today was...	
My partner showed me love by...	
I was proud of my partner when...	
Tuesday	
I was thankful for my partner when...	
Something my partner accomplished today was...	
The best part about spending time together was...	
Wednesday	
I noticed my partner's strength of ___ when...	
Something fun my partner and I did today was...	
I was happy when my partner...	



Thursday	
Something memorable we did today was...	
My partner made me laugh by...	
A challenge my partner overcame was...	
Friday	
My partner showed me love by...	
Something good my partner did today was...	
I felt admiration towards my partner when...	
Saturday	
I was grateful for my partner when...	
Something memorable we did today was...	
I was proud of my partner when...	
Sunday	
The best part about spending time together was...	
My partner helped me today by....	
A challenge my partner overcame was...	