

Creating a Fulfilling Relationship Sample Journal Page

DATE 05/01/08

DAY Thursday

TIME 7:50 pm

What am I grateful for today?

1. That Penny took her nap early today
2. I was actually excited to go to the gym today
3. The community of women in my book club

What did I notice in the last 48 hours that I admire about my husband?

1. How he dedicates himself to his exercise rituals
2. That he is super-passionate about his tennis team
3. He figured out a way for us to pay down our mortgage more quickly

How did my husband contribute to me and/or our relationship recently?

1. He treated me to a getaway last weekend
2. He left me a cute "inside joke" note the other day
3. He cleaned the bathroom without me having to ask

What did I notice recently that I really like about my relationship with my sister?

1. I can and do talk to her about anything with no judgment
2. She gave me some great hand-me-down baby clothes for Penny
3. We went to watch a soccer game with our kids at our old high school