



**3-Day Gratitude Challenge for
Partnership & Marriage**



Day 1: Tell Me a Story

You will need: Paper to write on and writing utensils. This exercise should have the time to write complete answers without being rushed.

On the piece of paper, write down:

1. A character weakness of your own that you know of
2. A character trait you love about your partner
3. Something you love about the two of you together as a couple

For #1, tell the story of how this weakness came to be. Really try to go back to its origin. If you can remember, share the first instance. Ask yourself if there are any strengths that came out of the same memory. Take a moment to say thank you to your partner for their kindness and patience and love around this weakness.

For #2, tell the story of the first time you admired this trait in your partner. Try to remember as many details as possible and share them. Take a moment to say thank you to your partner for sharing the gift of this trait with you.

For #3, tell the story of a time when you both demonstrated this trait as a couple. Take a moment to say thank you for bringing this quality to your lives that only exists together.

In the space below, describe how you interpreted and carried out the exercise. Include as many details as you are able.

[SPACE TO ENTER TEXT]

Successes

How did you and your partner respond to this exercise? Were there any funny or endearing moments you'd like to share?

[SPACE TO ENTER TEXT]

Challenges

Were there any difficulties with this exercise? We'd love to hear what you struggled with, and your thoughts on any causes, and how you adjusted (or perhaps didn't)?

[SPACE TO ENTER TEXT]

Is there anything else you'd like to share?

[SPACE TO ENTER TEXT]

When you are complete with notes, click "Save and Continue" link below. This will generate an email link so you can return tomorrow for Day 2!

[Buttons: PREV, NEXT, SAVE & CONTINUE LATER]

Day 2: Gratitude Poem

You will need a piece of paper and writing utensils. If you wish, you can turn this into an art project that you frame.

On a piece of paper, have one person title the top "Love Poem," and pass the writing utensil to the partner. Have the partner write on the first line, "I am grateful for you because _____" (filling in the blank) and pass it to the partner. Take turns writing what you are grateful for in each other. If you get to the bottom of the page and still have more to say, place the paper down and take turns saying what you are grateful for out loud.

In the space below, describe how you interpreted and carried out the exercise. Include as many details as you are able.

[SPACE TO ENTER TEXT]

Successes

How did you and your partner respond to this exercise? Were there any funny or endearing moments you'd like to share?

[SPACE TO ENTER TEXT]

Challenges

Were there any difficulties with this exercise? We'd love to hear what you struggled with, and your thoughts on any causes, and how you adjusted (or perhaps didn't)?

[SPACE TO ENTER TEXT]

Is there anything else you'd like to share?

[SPACE TO ENTER TEXT]

When you are complete with notes, click "Save and Continue" link below. This will generate an email link so you can return tomorrow for Day 3!

[Buttons: PREV, NEXT, SAVE & CONTINUE LATER]

Day 3: Play the "What Would You Feel Without It" Game

Congratulations! You made it to Day 3. For this third and final challenge, it can be done any time during the day. The sillier the mood you are in probably the better.

This is a fun play on the "Staring Game."

Stare at each other's face, trying not to laugh. Ask each other how would you feel without various items on your partner's face (nose, eyebrows, ears, etc.)

Expand this to other parts of the body. For each item, state what you love about that item. What about this item are you grateful for?

Expand this until you ask the final question, imagining your partner not being there at all. Close your eyes for a moment. Upon opening your eyes, imagine you are seeing your partner for the first time. Let your heart fill with gratitude at your partner's return, letting your eyes fully absorb every detail of the face of your loved one.

Take a moment to celebrate and appreciate being together. Feel the emotions that come with this journey. Once you have shared your experience with one another, share with us below!

[SPACE TO ENTER TEXT]

Successes

Did you perceive any difference in attitude or demeanor, or any positive way in which you related to one another that struck you as related to this exercise? Were there any funny or endearing moments you'd like to share?

[SPACE TO ENTER TEXT]

Challenges

Were there any difficulties with this exercise? Any disruptions, or other interference? We'd love to hear what you struggled with, and your thoughts on any causes, and how you adjusted (or perhaps didn't)?

[SPACE TO ENTER TEXT]

Any final notes you'd like to share?

[SPACE TO ENTER TEXT]

Congratulations! When you are complete with your answers, click "Submit" and accept your Certificate of Completion!

[Buttons: PREV, SUBMIT, SAVE & CONTINUE LATER]