

Personal Reflection Exercises...

I appreciate and respect my spouse.



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My spouse brings love and enjoyment to my life. Not only do I feel this gratitude, I am also sure to let my spouse know about it, too! I strive to find new ways to show my appreciation. And the best thing is, ***the more I show it, the more I receive it in return!***

When my one-and-only does something nice for me, the first thing I say is, "Thank You!" This gives them instant gratification and we both make an effort to do even more.

Every day, I find different ways of showing my gratitude. I leave loving notes where they can find them; I surprise them by doing one of their chores; I schedule special time for them; I come up with little presents I know they'll enjoy, and more.

I respect my spouse for how good they are and all they do. They make a supreme effort to make everything better for the entire family. They work hard and, yet, still make special time for us. I also let them know how much I respect them.

Communicating my appreciation and respect strengthens our relationship.

Our love deepens and life is just a lot more fun!

My partner is always there for me, through thick and thin. We share the joys of life and shore each other up when times are tough. We are partners together through life's journey and I wouldn't have it any other way!

Today, I intend to plan something really special for my spouse to show my appreciation and respect.

Self-Reflection Questions:

1. Why do I appreciate my spouse?
2. What am I grateful for today?
3. What can I do to demonstrate my appreciation more on a daily basis?