

Couple's Gratitude Journal

Three Good Things

Monday

My partner showed
me affection by...

I was happy when
my partner...

The best part of the time
we spent together today was...

Tuesday

Something good my
partner did today was...

My partner
made me laugh by...

I was grateful for
my partner when...

Wednesday

Something my partner
accomplished today...

My partner
helped me by...

A challenge my
partner overcame...

Couple's Gratitude Journal

Three Good Things

Thursday

I was thankful for
my partner when...

I noticed one of my
partner's strengths when...

I was impressed
when my partner...

Friday

Something memorable my
partner and I did today was...

My partner showed
me affection by...

I was proud of my partner when...

Saturday

Something fun my partner
and I did together was...

I felt admiration toward
my partner when...

Something good my
partner did was...

Couple's Gratitude Journal

Three Good Things

Sunday
I was proud of my partner when...
The best part of the time we spent together today was...
I noticed one of my partner's strengths when...