

APPRECIATION – Exercise 1

Circle 5 qualities that you admire in your spouse. Think out of the box—choose qualities that you do not usually express appreciation for. Write specific examples of how he/she has demonstrated that quality lately. Face each other to share your appreciation.

Compassionate _____

Person of Integrity _____

Brave _____

Funny or Playful _____

Organized _____

Wise _____

Good Problem Solver _____

Optimistic _____

Authentic _____

Calm _____

Faithful _____

Resourceful _____

Enthusiastic _____

Hard-Working _____

Great with Our Kids _____

Flexible/Resilient _____

Determined/Persevering _____

Adventurous _____

Hebrews 3:13 “...Encourage one another daily...” NIV^{ix}