

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...

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Wednesday

Something my partner
accomplished today...

My partner
helped me by...

A challenge my
partner overcame...

Thursday

I was thankful for
my partner when...

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

I was impressed
when my partner...

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Three Good Things

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...

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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...