



GOTTMAN *Gratitude Journal*

Starting a relationship gratitude journal can bring numerous benefits to your love life and overall wellbeing. This new habit can promote positivity, build resilience, and encourage mindfulness. It can help to highlight the importance of both everyday and big moments, and opens the door to more heartfelt conversations with your partner.

Ready to get started?

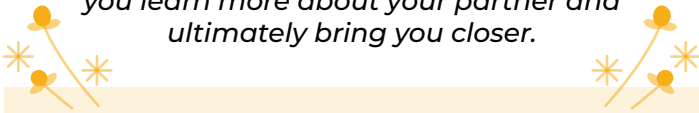
We've compiled a list of journal prompts spanning a wide variety of Gottman principles for you and your partner to reflect on.

HOW TO START YOUR GRATITUDE JOURNAL:

- 1. Get a new notebook or open up the notes app on your favorite device.**
- 2. Choose a prompt from the list below.**
- 3. Take your time writing your entries**
- 4. After you finish, share what you wrote with your spouse**

Conflict Management & Communication

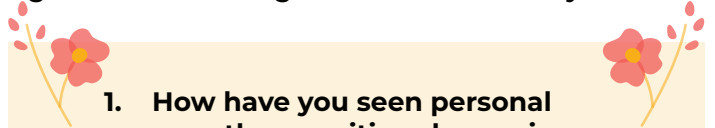
When managed correctly, conflict can help you learn more about your partner and ultimately bring you closer.



- 1. Share a time when you and your partner successfully resolved a conflict.** *What skills or approaches in your partner are you grateful for in these situations?*
- 2. Share a recent instance of effective communication with your partner.** *What aspects of their communication style are you grateful for?*
- 3. Are there any arguments that you and your partner keep revisiting?** *How can identifying underlying dreams, values, or opinions within the conflict help you come to a better understanding?*

Growth & Change

Part of what makes life meaningful is having opportunities to grow and change. Experiencing growth with your partner and expressing gratitude for that growth can enhance your life.



- 1. How have you seen personal growth or positive change in your partner?** *What qualities or developments are you grateful for?*
- 2. Reflect on how your relationship has contributed to your personal growth and self-improvement.** *What qualities in your partner have supported your journey?*
- 3. Write about a time when you or your partner showed vulnerability and found strength in it.** *Why are you grateful for this display of authenticity and trust in your relationship?*