



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. Approach your journal in a way that makes sense for your relationship:** each person could put pen to paper separately, you could write together, or take turns.
- 4. Create a safe, neutral space** (e.g., *having ground rules, using "I" statements, no blaming or criticism*) **to discuss your entries with each other.**

Fondness, Admiration, & Appreciation

Identify and vocalize the characteristics that you appreciate and love about your partner, big or small, to grow affection and respect in your relationship.



- 1. What are three things you admire most about your partner and why?**
- 2. When are you most attracted to your partner?**
How can you communicate this to them?
- 3. Write down three things about your partner that you're grateful for and why.**
- 4. Reflect on the unique ways your partner expresses their love for you.**
How do these expressions make you feel, and why are you grateful for them?

Dreams & Goals

Create an atmosphere where you can talk openly about your hopes, values, and convictions and support each other in both individual and shared life goals.



- 1. Write about a time when your partner provided emotional support or understanding.**
Why are you grateful for their presence in your life?
- 2. Write about a shared dream or goal you and your partner are working towards.**
What makes you grateful for the journey you're on together?
- 3. Share your hopes and dreams for the future of your relationship.**
What potential adventures, growth, or experiences are you looking forward to, and why are you grateful for them?

Small Things Often

Express gratitude for the small, everyday things your partner does that make your life better, even if they often go unnoticed.

- 1. Share something small or simple that brings you joy in your everyday life with your partner.**
Why are you grateful for this daily happiness?
- 2. Describe a spontaneous or unexpected act of love or affection from your partner.**
How did it brighten your day, and why are you grateful for it?
- 3. Write a little love note or message of gratitude to your partner.**
What specific qualities, actions, or moments do you want to acknowledge?
- 4. Reflect on a recent act of kindness from your partner.**
How did it make you feel, and what are you grateful for in that gesture?

Play & Adventure

Don't forget about play! Make time for fun and joy in your relationship to strengthen your friendship.

- 1. Recount an adventure or journey you've embarked on with your partner.**
What aspects of this shared experience are you grateful for?
- 2. If you keep getting caught up in the never-ending to-do lists or monotony of daily life, brainstorm a few ways you could set all of that aside for a day or an afternoon to have fun with your partner.**
What would you do together?
- 3. Write about a recent moment when you and your partner shared genuine laughter or experienced pure joy together.**
What about this moment are you grateful for?

Memorable Moments

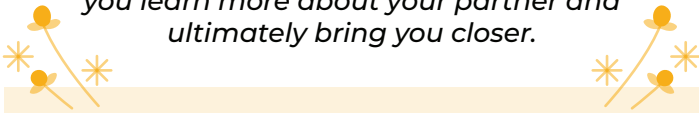
Strengthen your bond and your love maps by reminiscing on past experiences together.



- 1. Describe a special moment or memory with your partner that you're thankful for.**
- 2. Celebrate a milestone or accomplishment your partner achieved.**
How does their success make you feel, and what are you grateful for in their journey?
- 3. Think back on your first date. What was your partner wearing? Did they seem nervous?**
Reflect on your thoughts and feelings in that moment.

Conflict Management & Communication

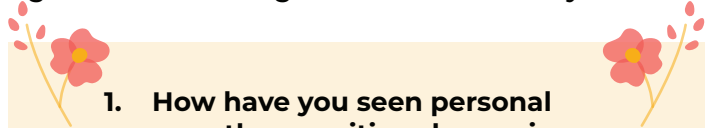
When managed correctly, conflict can help you learn more about your partner and ultimately bring you closer.



- 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?