



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**

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?
- 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?