

Respect and Appreciation Exercises Worksheets

1. Daily Appreciation Moments:

For one week, each partner will write down one thing they appreciate about the other each day. Reflect on qualities, actions, or moments that made you feel grateful or happy.

Day	Partner 1 Appreciates	Partner 2 Appreciates
Mon		
Tue		
Wed		
Thurs		
Fri		
Sat		
Sun		

2. Respectful Gestures:

Identify specific actions or words you can use to show respect to your partner. Consider how you can communicate respect through listening, speaking, and actions.

3. Acknowledging Efforts and Contributions:

List instances where your partner made an effort or contributed significantly to your relationship or household. Discuss how these efforts made you feel and why they are meaningful.

4. Positive Qualities Acknowledgment:

Each partner writes down five positive qualities they see in the other. Share and discuss why these qualities are important to you and how they impact your relationship.

5. Reflecting on the Impact:

After completing the daily appreciation log and other exercises, reflect on how this practice has impacted your relationship.

6. Commitment Statements:

Write a commitment statement to each other promising to continue recognizing and appreciating each other's value in the relationship.

7. Future Appreciation Activities:

Brainstorm future activities or rituals you can establish to continue expressing respect and appreciation for each other.
