

Appreciate

Everyone likes to be appreciated. This week focus on becoming aware of your partner's many contributions to your life. Notice the little and big things and cultivate an intention to appreciate your partner in ways you seldom acknowledge. Is there an appreciation that you stubbornly hold back on because you feel jealous or have other feelings of insecurity around it? Make an extra effort to acknowledge these contributions from your beloved. Practice expressing your gratitude throughout the day whenever you become aware of feeling thankful. In addition, set aside a few minutes as you go to bed to acknowledge at least five of your lover's gestures, behaviors, words, or acts that made you feel good. If you are having trouble finding things to acknowledge, then focus on why you got together in the first place and then switch your thoughts to a more positive perspective. Once you shift to a more optimistic mindset, there should be plenty of reasons to appreciate your partner.