GRATITUDE JOURNAL PROMPTS FOR COUPLES

- What are you grateful for about your partner?
- One thing that made you feel blessed or grateful in the new relationship?
- What are you grateful for about the time you spend together?
- Write about one aspect of the relationship that surprised you.
- Write about a difficult conversation that you had with your partner that enhanced the relationship.
- What are some of the ways your partner has made you feel blessed or loved?
- How has your partner challenged you to grow?
- What are some of the things you admire about your partner?

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- What is your favorite memory of spending time with your partner?
- What are you grateful for about the physical affection in your relationship?
- What are you grateful for about the sexual intimacy in your relationship?
- How has your partner made your life richer and full?
- One thing I achieved today for my partner?
- One thing my partner did today for me?
- What is one thing your partner has taught you?

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