

What I Like About You



Dr. Heather Renee
www.DrHeatherRenee.com

What I Like About You Exercise

This quick exercise will raise the vibration that exists around you – changes you can see and feel.

THE BEST PART: IT'S A GAME, SO HAVE SOME FUN!

What I Like About You! can be played with your partner, your BFF, your family, and even your co-workers. It is extra interesting to play with someone with whom it is tricky to get along.



The idea is simple--find traits you enjoy about someone, focus on those and watch what happens...

How to Play

You can agree to play this game together OR play alone by not telling the other person what you are doing. Both options will get you miraculous results.

Each day pick one word (or action) that reminds you of the person and makes you smile. Find a fun way to deliver this word. Here are some ideas:

- Write this word on a sticky note, dry erase board or even text it with a short message: "You are romantic" Or "I appreciate that I can depend on you" Or "You make me laugh and I love that"
- Use a word/action to serve as inspiration for a poem, card, love letter or gift
- Pick a word and share a story at the dinner table that demonstrates this trait
- Print the list on the next page, cut out the words and leave one on a pillow, next to a toothbrush or near the iPad, coffee pot, etc.

Repeat for several days (ideally 21), using a new word or action each day (the next page includes some words and actions to get you started, but let your imagination run wild)



For family play:

Get everyone together and decide how you want to play. You might be surprised at your family's creativity! One of my favorites: have colored pieces of paper (each person chooses a color that represents them), write on that color for that person and drop it into a mason jar to be read out loud at dinner. Bonus: If you are feeling down, reach into the jar, pick your color and read some uplifting words. Others can do this too!

You can even play this game with a person with whom you are not on speaking terms. Simply choose a word and think it each day, sending a warm and loving vibration their way.

100 Starter Words

| | | | |
|--------------|---------------|---------------|-----------------|
| Adventurous | Flexible | Maternal | Reliable |
| Ambitious | Focused | Modest | Resourceful |
| Appreciative | Forgiving | Mystical | Respectful |
| Athletic | Freethinking | Neat | Responsible |
| Attractive | Friendly | Observant | Romantic |
| Balanced | Fun/Funny | Open | Secure |
| Brilliant | Generous | Optimistic | Self-sufficient |
| Calm | Gentle | Passionate | Selfless |
| Capable | Genuine | Paternalistic | Sensitive |
| Carefree | Gracious | Patient | Sensual |
| Caring | Hardworking | Peaceful | Sentimental |
| Charming | Helpful | Perceptive | Sexy |
| Cheerful | Honest | Personable | Sharing |
| Clever | Humble | Physical | Silly |
| Confident | Imaginative | Playful | Spontaneous |
| Cooperative | Innovative | Practical | Stable |
| Courageous | Intelligent | Precise | Strong |
| Creative | Intuitive | Profound | Sweet |
| Curious | Kind | Progressive | Trusting |
| Dedicated | Knowledgeable | Protective | Understanding |
| Energetic | Leaderly | Punctual | Warm |
| Enthusiastic | Logical | Purposeful | Well-rounded |
| Exciting | Lovable | Rational | Wise |
| Fair | Loyal | Realistic | Witty |
| Faithful | Manly | Relaxed | Womanly |

10 Simple Actions

1. You make yummy food.
2. You make the bed.
3. You go with me with happy hour.
4. You share your toys.
5. You put the toilet seat down
6. You give incredible hugs.
7. You tell me you love me.
8. You give me props.
9. You have clear agendas and end meetings on time.
10. You give me sound advice.