Part 1/ Session 2

EXERCISE: Morning Journal
This simple and effective exercise will positively shift your focus and intention toward improving your relationship. Doing or saying small things frequently to make your partner feel special, cared for and loved starts your day together in the right direction.

INSTRUCTIONS:
1. Choose a dedicated bound paper notebook to be used exclusively as your Morning Journal.
2. Every morning, take five-minutes to answer the questions below. Consistency is key.
3. If you are in a partnership, I encourage you to share responses with each other.

Something I appreciate about you right now
1.

One thing I will do today to fill up our love tank / conveys attention to our relationship
1.

One thing I will do today to connect with my personal sensuality
 Think broadly. For example, dance in the kitchen to your favorite song when no one is looking, take 3 minutes to discover where you most enjoy feeling the water fall on our body, or go to a yoga class.
1.