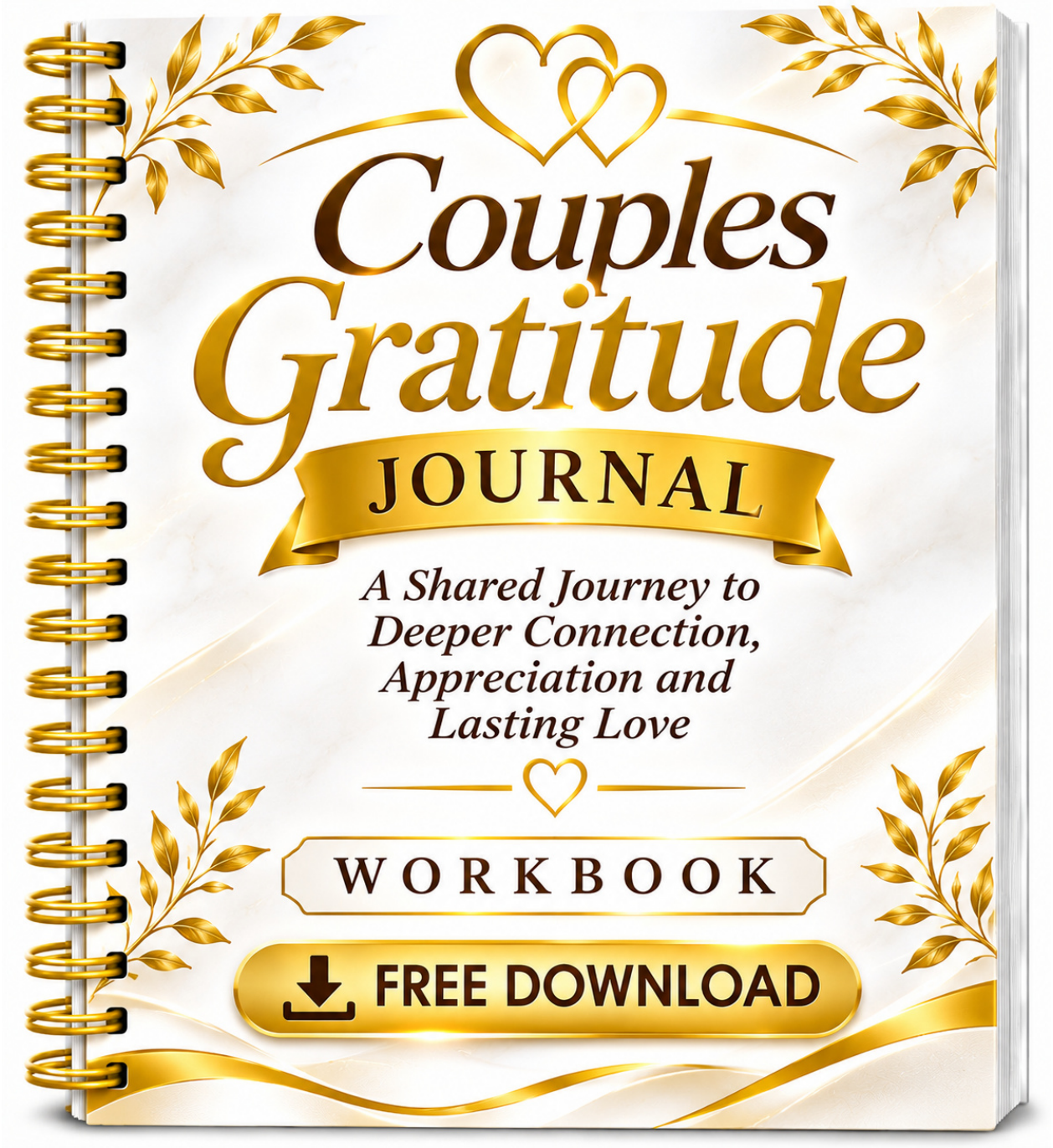


30 days to build a stronger, more loving connection

WELCOME

Make appreciation a daily practice

Love grows through the small moments in which we notice, listen to and value one another. This journal invites you to spend 10–15 minutes each day reflecting separately and connecting together. You do not need to feel grateful all the time. Begin wherever you are.

How to use this journal

1. Choose a regular time and a quiet place. Each partner writes their own response before sharing.

2. Take turns listening without interrupting or correcting. Share only what feels comfortable.

3. Complete the small connection exercise together, or agree on an alternative.

4. Review your progress at the end of each week. If you miss a day, simply continue.

Gratitude is not a reason to overlook harm, suppress feelings or tolerate disrespect. You can appreciate someone and still set boundaries or ask for change. If a conversation feels unsafe, stop; seek appropriate support if needed.

Our intention

What would we like to nurture in our relationship over the next 30 days?

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DAY 01 / 30

Notice the little things

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What small thing did your partner do recently that made your day easier?

Partner 2

What small thing did your partner do recently that made your day easier?

Our connection practice

Thank each other for one specific action. What did we notice or learn?

DAY 02 / 30

Remember the beginning

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What first drew you to your partner?

Partner 2

What first drew you to your partner?

Our connection practice

Share one early memory and what it meant to you. What did we notice or learn?

DAY 03 / 30

Recognise strengths

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

Which quality in your partner do you admire, and when have you seen it?

Partner 2

Which quality in your partner do you admire, and when have you seen it?

Our connection practice

Name one strength each and give a real example. What did we notice or learn?

DAY 04 / 30

Everyday kindness

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

When did your partner show you kindness, even in a small way?

Partner 2

When did your partner show you kindness, even in a small way?

Our connection practice

Offer one small act of kindness that your partner would welcome. What did we notice or learn?

DAY 05 / 30

Feeling heard

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

Recall a time your partner listened or tried to understand you. What helped?

Partner 2

Recall a time your partner listened or tried to understand you. What helped?

Our connection practice

Take two minutes each to speak while the other listens. What did we notice or learn?

DAY 06 / 30

Shared laughter

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What funny or joyful moment together still makes you smile?

Partner 2

What funny or joyful moment together still makes you smile?

Our connection practice

Revisit a favourite funny memory together. What did we notice or learn?

DAY 07 / 30

The ordinary day

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What ordinary part of your life together would you miss if it were absent?

Partner 2

What ordinary part of your life together would you miss if it were absent?

Our connection practice

Enjoy ten minutes together without phones. What did we notice or learn?

Pause and reconnect

What felt good?

Which moment of appreciation stayed with each of us?

What did we learn?

What helped us feel heard? What was difficult or needs more care?

Our next step

What is one realistic action we can agree on for the coming week?

DAY 08 / 30

Effort matters

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What effort does your partner make that you sometimes overlook?

Partner 2

What effort does your partner make that you sometimes overlook?

Our connection practice

Acknowledge that effort aloud without adding a request. What did we notice or learn?

DAY 09 / 30

Different perspectives

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What difference between you has helped you learn or grow?

Partner 2

What difference between you has helped you learn or grow?

Our connection practice

Ask one curious question about your partner’s perspective. What did we notice or learn?

DAY 10 / 30

Acts of care

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What makes you feel cared for, and what might make your partner feel cared for?

Partner 2

What makes you feel cared for, and what might make your partner feel cared for?

Our connection practice

Ask each other which small gesture would feel meaningful today. What did we notice or learn?

DAY 11 / 30

Our shared history

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What challenge have you navigated together, and what helped?

Partner 2

What challenge have you navigated together, and what helped?

Our connection practice

Name one thing each contributed to getting through it. What did we notice or learn?

DAY 12 / 30

Respecting space

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

How has your partner supported your independence or personal interests?

Partner 2

How has your partner supported your independence or personal interests?

Our connection practice

Agree on one way to protect each other’s personal time. What did we notice or learn?

DAY 13 / 30

Words that matter

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What words from your partner have encouraged you?

Partner 2

What words from your partner have encouraged you?

Our connection practice

Write a short note of appreciation and exchange it. What did we notice or learn?

DAY 14 / 30

Being present

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

When do you feel most connected in everyday life?

Partner 2

When do you feel most connected in everyday life?

Our connection practice

Plan one small moment of undistracted time this week. What did we notice or learn?

Pause and reconnect

What felt good?

Which moment of appreciation stayed with each of us?

What did we learn?

What helped us feel heard? What was difficult or needs more care?

Our next step

What is one realistic action we can agree on for the coming week?

DAY 15 / 30

Appreciating differences

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What skill or interest does your partner bring that you do not?

Partner 2

What skill or interest does your partner bring that you do not?

Our connection practice

Invite your partner to tell you about something they enjoy. What did we notice or learn?

DAY 16 / 30

Support in difficult times

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What support have you appreciated, or what support would you welcome?

Partner 2

What support have you appreciated, or what support would you welcome?

Our connection practice

Ask: What would help you feel supported this week? What did we notice or learn?

DAY 17 / 30

From criticism to curiosity

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What recurring frustration could you describe as a need rather than a judgement?

Partner 2

What recurring frustration could you describe as a need rather than a judgement?

Our connection practice

Each name one need and one strength you appreciate; listen without debating. What did we notice or learn?

DAY 18 / 30

Repair and reconnect

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What small gesture helps you reconnect after a disagreement?

Partner 2

What small gesture helps you reconnect after a disagreement?

Our connection practice

Agree on a respectful phrase to use when you need a pause. What did we notice or learn?

DAY 19 / 30

Shared values

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

Which value do you appreciate sharing with your partner?

Partner 2

Which value do you appreciate sharing with your partner?

Our connection practice

Choose one small action that expresses that value. What did we notice or learn?

DAY 20 / 30

Celebrating progress

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What positive change in your relationship have you noticed?

Partner 2

What positive change in your relationship have you noticed?

Our connection practice

Celebrate one small improvement without comparing yourselves to others. What did we notice or learn?

DAY 21 / 30

Generosity

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

When has your partner given time, attention or help freely?

Partner 2

When has your partner given time, attention or help freely?

Our connection practice

Offer a helpful action, checking first that it is wanted. What did we notice or learn?

Pause and reconnect

What felt good?

Which moment of appreciation stayed with each of us?

What did we learn?

What helped us feel heard? What was difficult or needs more care?

Our next step

What is one realistic action we can agree on for the coming week?

DAY 22 / 30

Trust and reliability

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What action has helped you feel able to rely on your partner?

Partner 2

What action has helped you feel able to rely on your partner?

Our connection practice

Make one realistic promise for the coming week. What did we notice or learn?

DAY 23 / 30

Affection

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What kind of affection helps you feel loved?

Partner 2

What kind of affection helps you feel loved?

Our connection practice

Ask what kind of affection your partner would welcome today. What did we notice or learn?

DAY 24 / 30

Dreams and hopes

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What hope of your partner’s do you appreciate or want to support?

Partner 2

What hope of your partner’s do you appreciate or want to support?

Our connection practice

Share one hope each and ask how you can encourage it. What did we notice or learn?

DAY 25 / 30

Gratitude for growth

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What have you learned about yourself through this relationship?

Partner 2

What have you learned about yourself through this relationship?

Our connection practice

Share one lesson without assigning blame. What did we notice or learn?

DAY 26 / 30

Making time

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What shared activity brings you closer?

Partner 2

What shared activity brings you closer?

Our connection practice

Choose a simple activity and put it in your calendar. What did we notice or learn?

DAY 27 / 30

Appreciating the unseen

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What responsibility or emotional effort might your partner carry that you rarely notice?

Partner 2

What responsibility or emotional effort might your partner carry that you rarely notice?

Our connection practice

Ask about one unseen responsibility and offer practical support. What did we notice or learn?

DAY 28 / 30

A letter of thanks

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What three specific things would you thank your partner for today?

Partner 2

What three specific things would you thank your partner for today?

Our connection practice

Write a short gratitude letter and share it if you both wish. What did we notice or learn?

Pause and reconnect

What felt good?

Which moment of appreciation stayed with each of us?

What did we learn?

What helped us feel heard? What was difficult or needs more care?

Our next step

What is one realistic action we can agree on for the coming week?

DAY 29 / 30

Our future ritual

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

Which gratitude practice from this month felt most meaningful?

Partner 2

Which gratitude practice from this month felt most meaningful?

Our connection practice

Choose a realistic weekly ritual to continue. What did we notice or learn?

DAY 30 / 30

Choose connection

Date: _____ Take a moment to notice what is good, without denying what is difficult.

Partner 1

What do you appreciate about your partner today, and what do you hope to nurture next?

Partner 2

What do you appreciate about your partner today, and what do you hope to nurture next?

Our connection practice

Exchange one heartfelt thank-you and agree on a next step. What did we notice or learn?

DAY 30 / FINAL REFLECTION

Keep growing together

Partner 1

What has changed in how I notice and appreciate my partner?

Partner 2

What has changed in how I notice and appreciate my partner?

Our shared commitment

Which practice will we continue, when will we do it, and how will we remind each other?

Explore more free resources at sarainnerhealing.com. No email required.