

The Daily Appreciation Practice

Spend a few moments each day to think of **three things you appreciate** about your partner. These three things can be anything you value. Ideally, you'll include items you've taken for granted or do not mention often. You can consider and include:

1. **Acts of service/kind deeds/chores**
2. **Physical characteristics**
3. **Personality traits**

Keep in mind, these are not items you typically say "thank you" for, like "I appreciate you handing me that fork." No. This is in addition to your daily good manners of "please" and "thank you."

The idea is that you create a *sacred time* together each day, sit face-to-face (*in person if possible*) to share and connect, and both people in the couple do this for each other.

Here is an example of how it can sound for a couple:

Communication Example for SENDER to RECEIVER:

- "I appreciate that you washed the dishes last night when I was so exhausted." Mirror/i.e. repeat.
- "I appreciate how kind you are in the morning when I am cranky." Mirror/i.e. repeat.
- "I appreciate how you stay lean and strong by working out (*or how you stay so sexy*)." Mirror/i.e. repeat.

Switch Roles and RECEIVER becomes SENDER:

- "I appreciate how you make sure I have clean clothes for work." Mirror/i.e. repeat.
- "I appreciate that crinkle on your nose when you smile." Mirror/i.e. repeat.
- "I appreciate how you make me laugh and lighten the mood in stressful times." Mirror/i.e. repeat.

How to set up the Imago Process of Receiver and Sender:

- Choose a time of day where both of you are available.
- Choose a spot where you can sit face-to-face. Holding hands is ideal.
- Both partners Send and Receive. When you are finished, say "thank you for sharing that with me" with a smile, have a lingering hug and/or a kiss and then go on with your day. **Make sure you do not discuss or debate the appreciations**, stay "parked" and simply Mirror, and take them in. We want to make this "a feel good practice" for both people.
- Take turns each day with who goes first so it feels balanced. **If you get bored**, that is an opportunity to think beyond your typical items and look deeper at your partner and your life together. I know from personal experience that there is no end to things to appreciate if we really look.
- If you cannot be together, do the appreciations over phone, video, text or email. That way you do not ever have to miss a day.



"Opportunities for self-discovery, healing and empowerment"