MUTUAL ADMIRATION WORKSHEET

Admiration and mutual respect is the foundation of successful lifelong love. Take a moment to complete the phrases below to begin a list of the things you enjoy about your partner. Challenge yourself to be specific in each response.

What I love about you is:

What I appreciate about you is:

I love when you say:

It makes me smile when I think about the way you:

I am often grateful for your:

One thing you do better than me is:
I get so excited when you:

You are so good at:

Thank you for being so reliable with:

One thing I wish I could do as well as you is:

Now, find a creative way to share one or two of these each day with your partner.