

Relationship Log

For this exercise to be successful, you need to be willing to write. Please be sure to take a moment and write something every day. Your writing ability is not a consideration, as long as you can read it later and be able to recall the events or emotions associated with your own journal entry. Setting a schedule to allow ample quiet time to complete this task will be important. Always re-read your entry and add additional thoughts as needed. Always date your entry.

Here are some important things to include in your log:

How did YOU start your day?	What was your waking emotion/attitude? Did you feel well-rested?
What were your important interactions today? Did you fight?	What TV, Movies or Media did you watch today?
What emotions did you experience today? (If keeping "Emotional Impact Log" you can skip this question)	What did you eat today? (if keeping "Food and Health Log" you can skip this question)
Did you feel any anxiety or stress? If so, in your opinion what were the causes?	Are you excited about anything?
What was the underlying issue present in the interaction?	How could you have responded differently?

Exercises to move yourself and your relationship forward:

How do you want to start your day tomorrow?	What was one small act of kindness your partner did for you today?
What does tomorrow's calendar look like? What goals will you accomplish?	What is one thing you love about your partner? (as you write this entry, hold the emotion of gratitude for your partner in your heart)
What emotions would you like to experience during your day?	What is one act of kindness you did for your partner?

Relationship Log:

Date:

Date:

Attracting the right partner for you:

Make a list of characteristics you want your ideal partner to have. Focus on positive attributes only.

Create your story. Using your list as your guide, write everything you can think of as important in a relationship. What do they look like? What will you talk about? What things will you do together? What will your dates look like? Sex life? Events you will attend together?

Hold the emotion of what it would feel like to have someone like that in your life. Emotions like gratitude, love, or serenity.