

Weekly Appreciation Worksheet for Couples

Print one copy for each partner. Name: _____ Date: _____

Days 1 to 3

Be specific. "Thanks for making the coffee before I woke up" beats "thanks for everything".

Day 1: Something specific I noticed and appreciated was...

Day 2: Something specific I noticed and appreciated was...

Day 3: Something specific I noticed and appreciated was...

Days 4 to 7

Day 4: Something specific I noticed and appreciated was...

Day 5: Something specific I noticed and appreciated was...

Day 6: Something specific I noticed and appreciated was...

Day 7: Something specific I noticed and appreciated was...

Beyond the day-to-day

A quality I admire in you is...

and when I saw it recently

A thank-you I want to say out loud is...

How you like to be appreciated

I feel most appreciated when you...

words, a gesture, help, time together

One small thing I would love to hear more often is...

Week checklist

- ☐ I wrote something specific on most days
 - ☐ I said at least three of them out loud
 - ☐ I filled in how I like to be appreciated
 - ☐ We shared sheets and talked about what felt best
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From strongercouple.app/worksheets. For education, not a substitute for professional help. National Domestic Violence Hotline: call 1-800-799-7233, text START to 88788, or chat at thehotline.org. 988 Suicide & Crisis Lifeline: call or text 988, or chat at 988lifeline.org. In an emergency, call 911.