

Mindfulness Activity:

Reflect, separately and/or together on the following prompt: **G*L*A*D***

Gratitude – one thing you are grateful for about your partner/ relationship or as a result of your partner/relationship.

Learning – one thing you have learned as a result of your relationship, in general, about your partner, or about yourself.

Accomplishment – one thing you have accomplished, or are accomplishing now, as a result of your partner/relationship.

Delight – one thing that gives you delight about your partner/relationship.

From Tom and Sharon Baring; 7/17.