

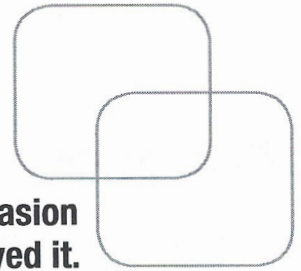
Exercise 3

# Cherishing Your Partner

SEVEN PRINCIPLES BOOK: P. 79 – 80

### Instructions:

From the list at right, circle ten qualities that you cherish in your partner. Feel free to write in other positive qualities.



**For each, identify one occasion when your partner displayed it.**

Quality: \_\_\_\_\_

Occasion: \_\_\_\_\_

Quality: \_\_\_\_\_

Occasion: \_\_\_\_\_

Quality: \_\_\_\_\_

Occasion: \_\_\_\_\_

Quality: \_\_\_\_\_

Occasion: \_\_\_\_\_

Quality: \_\_\_\_\_

Occasion: \_\_\_\_\_

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Quality: \_\_\_\_\_

Occasion: \_\_\_\_\_

Quality: \_\_\_\_\_

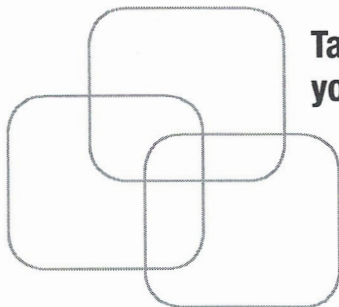
Occasion: \_\_\_\_\_

Quality: \_\_\_\_\_

Occasion: \_\_\_\_\_

Quality: \_\_\_\_\_

Occasion: \_\_\_\_\_



**Take turns sharing the quality and your example with each other.**

Adaptable	Discriminating	Ingenious	Perceptive	Social
Adventurous	Dynamic	Inquisitive	Persevering	Spiritual
Ambitious	Eager	Insightful	Persistent	Spontaneous
Appreciative	Easygoing	Intelligent	Pleasant	Stable
Authentic	Empathetic	Interesting	Positive	Steady
Aware	Energetic	Intuitive	Practical	Strong
Balanced	Enterprising	Inventive	Principled	Studious
Bold	Ethical	Joyful	Private	Successful
Brave	Exuberant	Kind	Problem-solving	Supportive
Bright	Fair	Knowledgeable	Proud	Surprising
Calm	Fascinating	Laid-back	Quick-witted	Sympathetic
Capable	Feisty	Lighthearted	Quiet	Talented
Careful	Flexible	Likable	Rational	Thorough
Caring	Forgiving	Lively	Reasonable	Thoughtful
Cheerful	Friendly	Lovable	Reflective	Tireless
Clever	Fun	Loving	Reliable	Tolerant
Commanding	Funny	Loyal	Resilient	Trusting
Compassionate	Generous	Mature	Resourceful	Trustworthy
Confident	Gentle	Mellow	Respectful	Truthful
Conscientious	Giving	Motivated	Responsible	Understanding
Considerate	Gutsy	Natural	Self-confident	Unique
Courageous	Happy	Neat	Self-sacrificing	Unselfish
Creative	Hardworking	Nurturing	Self-sufficient	Upbeat
Curious	Healthy	Observant	Sensitive	Vigilant
Daring	Honest	Open-minded	Sharp	Warm
Dedicated	Honorable	Optimistic	Sincere	Wise
Dependable	Humble	Organized	Skillful	Witty
Determined	Humorous	Original	Smart	Worthy
Devoted	Idealistic	Outgoing		
Diligent	Imaginative	Patient		
Disciplined	Independent	Peaceful		

### It's helpful

to keep this list handy and review it when you are alone to focus on your fond feelings toward your partner and to trigger a sense of gratitude.