
DAILY PRACTICE

The Gratitude Practice

A 21-day couples gratitude challenge that rewires how you see each other.

Boundary Agreement Resource Library

Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

Why Gratitude Changes Everything

When you have been with someone long enough, you stop seeing what they do right and start seeing only what they do wrong. The toilet seat. The dishes. The way they load the dishwasher. You build a mental case file of every irritation and forget the 100 things they did that day to keep your life running.

Gratitude interrupts that pattern. Not because it makes the annoying things disappear, but because it forces your brain to scan for the good. What you focus on expands. Focus on resentment and you will find more reasons to resent. Focus on gratitude and you will find more reasons to be grateful.

The 21-Day Challenge

Every day for 21 days, each partner writes one specific thing they are grateful for about the other person. Read it out loud to each other before bed. It takes 2 minutes.

Week 1

Day 1: I am grateful for:

Day 2: I am grateful for:

Day 3: I am grateful for:

Day 4: I am grateful for:

Day 5: I am grateful for:

Day 6: I am grateful for:

Day 7: I am grateful for:

Week 2

Day 8: I am grateful for:

Day 9: I am grateful for:

Day 10: I am grateful for:

Day 11: I am grateful for:

Day 12: I am grateful for:

Day 13: I am grateful for:

Day 14: I am grateful for:

Week 3

Day 15: I am grateful for:

Day 16: I am grateful for:

Day 17: I am grateful for:

Day 18: I am grateful for:

Day 19: I am grateful for:

Day 20: I am grateful for:

Day 21: I am grateful for:

After 21 Days

EXERCISE: Reflection

After completing the challenge, answer together.

What shifted in how I see my partner?

Which day's gratitude meant the most to my partner?

Do I want to continue this practice? Why or why not?

What did I learn about what my partner values?