**Guided Journal 4 Questions:**

1. What’s something you did today that you are proud of?

*(Did you do something to change your side of the pattern where you get stuck)*

 *Getting out of Blame and into focusing on your side of things first.*

1. What was the hardest/ most challenging thing you did today?

 *For yourself & for the relationship*

1. What’s something you are looking forward to tomorrow?

 *For yourself & for the relationship*

1. In this moment- Right Here / Right Now - what’s something you are thankful for?

*How can you work to actively show your gratitude on a daily basis?*