

### EXERCISE 3: CHERISHING YOUR PARTNER

From the list below, check ten qualities that you cherish in your partner. For each, note one recent occasion when your partner displayed it.

#### WHAT I REALLY CHERISH ABOUT MY PARTNER IS THAT HE IS OR SHE IS SO:

Active	Caring	Determined
Adaptable	Cheerful	Devoted
Adventurous	Clever	Diligent
Ambitious	Commanding	Disciplined
Appreciative	Compassionate	Discriminating
Authentic	Confident	Dynamic
Aware	Conscientious	Eager
Balanced	Considerate	Easygoing
Bold	Courageous	Empathetic
Brave	Creative	Energetic
Bright	Curious	Enterprising
Calm	Daring	Ethical
Capable	Dedicated	Exuberant
Careful	Dependable	Fair
Fascinating	Loyal	Self-sufficient
Feisty	Mature	Sensitive
Flexible	Mellow	Sharp
Forgiving	Motivated	Sincere
Friendly	Natural	Skillful
Fun	Neat	Smart
Funny	Nurturing	Sociable
Generous	Observant	Spiritual
Gentle	Open-minded	Spontaneous
Giving	Optimistic	Stable
Gutsy	Organized	Steady
Happy	Original	Strong
Hardworking	Outgoing	Studious
Healthy	Patient	Successful
Honest	Peaceful	Supportive
Honorable	Perceptive	Surprising
Humble	Persevering	Sympathetic
Humorous	Persistent	Talented
Idealistic	Pleasant	Thorough
Imaginative	Positive	Thoughtful
Independent	Practical	Tireless
Ingenious	Principled	Tolerant
Inquisitive	Private	Trusting
Insightful	Problem-solving	Trustworthy
Intelligent	Proud	Truthful

Interesting  
Intuitive  
Inventive  
Joyful  
Kind  
Knowledgeable  
Laid-back  
Lighthearted  
Likeable  
Lively  
Loveable  
Loving

Quick-witted  
Quiet  
Rational  
Reasonable  
Reflective  
Reliable  
Resilient  
Resourceful  
Respectful  
Responsible  
Self-confident  
Self-sacrificing

Understanding  
Unique  
Unselfish  
Upbeat  
Vigilant  
Warm  
Wise  
Witty  
Worthy  
Other\_\_\_\_\_