

## Gratitude

### 9. Gratitude Log

#### Rationale

The only love that's real is love that's demonstrated. Lack of gratitude feels like rejection. As husbands, we must train ourselves to express appreciation for our wives. The point of this exercise is to help you see what she does for you and your family and to develop the habit of expressing gratitude for her consistently.

#### *Challenge Assignment*

Your assignment is to find one small way to express appreciation and affection for your wife every day for the next 30 days. Log what you did each day with a one-line entry in your journal. Bring a copy of your log for each guy in the group and be ready to talk about your wife's response to your focused love and affection.

#### *Debrief*

Each man should have copies of his log of 30 acts of appreciation and affection done for his wife over the last month and share what happened. What did you do or say? How did she respond? What did you learn from this exercise? What are you going to do differently from this point?

Have each man share. Then close by reminding your group that EVERYONE wants to be genuinely appreciated, both for who they are and for what they do. Make reminders on your calendar to express appreciation to your wife on an on-going basis.