

30 DAYS of Giving Thanks

FOR YOUR SPOUSE

Now it's your turn. If a year is too much, then try it for 30 days.

Create a thankfulness calendar for your spouse. Jot down ways you appreciate your husband or wife. Remember to think of new reasons and expressions of thankfulness for each day. At the end of 30 days, consider gifting the filled calendar to your spouse on Thanksgiving.

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tips for what to write

Look for what your spouse does. Be specific and mention why it matters to you. You might say:

- I could tell you were a bit tired this morning, but you went to work anyway. Thank you, honey!
- It was so cold out, but you scraped the ice off my car's windows before I needed to take the kids to school. I appreciate you!

Compliment character traits. You might say:

- Thank you for being so positive today. Your attitude always lifts me up.
- Thank you for being such a good father or mother. The kids laughed so loud playing with you today; music to my ears!

Recognize your spouse's patience. You might say:

- I know I was short with you today, but you were so patient. I'm so blessed to be married to you!
- I'm sorry I can be so forgetful. Thanks for putting up with me when I lost my keys again and for not making a big deal about it.

Thanking your spouse for something positive doesn't mean there aren't things you and your spouse still need to work on. Always remember that gratitude fertilizes the relational soil for future growth. Noticing and appreciating even the small things can be tremendously motivating for your spouse to create more of the same. —GT

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