

DAY 7

FOR TODAY'S DARE, GET TWO SHEETS OF PAPER. ON THE FIRST ONE, SPEND A FEW MINUTES WRITING OUT POSITIVE THINGS ABOUT YOUR SPOUSE. THEN DO THE SAME WITH NEGATIVE THINGS ON THE SECOND SHEET. PLACE BOTH SHEETS IN A SECRET PLACE FOR ANOTHER DAY. THERE IS A DIFFERENT PURPOSE AND PLAN FOR EACH. AT SOME POINT DURING THE REMAINDER OF THE DAY, PICK A POSITIVE ATTRIBUTE FROM THE FIRST LIST AND THANK YOUR SPOUSE FOR HAVING THIS CHARACTERISTIC.