

# raising HAPPINESS

In his book *The Seven Principles for Making Marriage Work*, John Gottman gives couples a plan for improving their relationship in “five magic hours a week.” Use this worksheet to track your five hours, being sure to reward yourself (and each other) when you succeed.

*2 minutes every weekday morning:*  
Don't leave the house without knowing what lies ahead for your partner.

*20 minutes when you get home:*  
Decompress a little together before you plunge headlong into your evening routine. Listen actively to your partner, and be supportive. Think twice before you start offering advice at this time – the goal is to listen.

*5 minutes every day:* Find something you appreciate about your partner and tell him or her.

*5 minutes every day:* Give a little lovin'. Kiss, grab, hold, hug and otherwise touch your guy or gal. Here's to hoping that it lasts more than five minutes!

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