

# I choose to see the best in my partner

## **I choose to see the best in my partner.**

I am happy with my partner, because I choose to focus on their most positive traits.

**Focusing on the positive enhances my relationship and my mood.** My opinion of my partner is better when I make the decision to see the best in them.

I understand that perfection is too much to expect from anyone. I am flawed. My partner is flawed, too. However, my partner has many excellent qualities that impress me.

I am a lucky person to be able to share my life with someone so amazing. **I am blessed.**

I have the option to focus on the negative or the positive. I choose to place my attention on the positive. This boosts the quality of my attitude and my relationship.

My partner appreciates when I have a positive perspective. They love it when I show my appreciation for their good qualities. When I show appreciation to my partner, I receive appreciation in return.

The more I admire my partner, the stronger

my relationship becomes. I admire my partner more when I pay attention to their most desirable traits.

Today, I am committed to seeing the best in everyone, including myself and my partner. I am grateful for them and everything they do for me. **Our relationship flourishes** and makes me happy.

## **Self-Reflection Questions:**

1. What are my partner's best traits? How do I feel when I think about these qualities in my partner?
2. What are my partner's worst traits? How do I feel when I think about these qualities in my partner?
3. How would my relationship be impacted if I focused on my partner's best qualities?