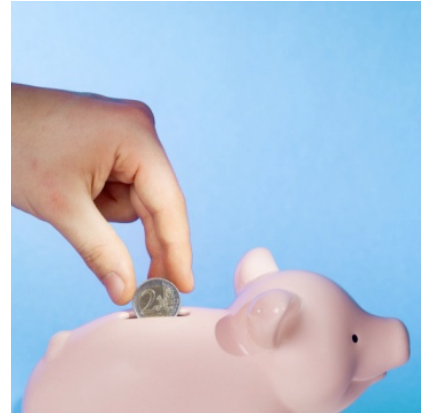


## *Invest in Your Family Love Bank*

Three days this week write down three positive things that your partner did & three things your child/children did. You can think of positives in your family in five categories (taken from Gary Chapman's bestselling book "The Five Love Languages"). They are words of love and encouragement, physical touch and closeness, acts of service, quality time, and gifts. These categories may help you notice some positives that you haven't been noticing before.



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### Day 1

| My partner | My child/children |
|------------|-------------------|
| 1.         | 1.                |
| 2.         | 2.                |
| 3.         | 3.                |

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### Day 2

| My partner | My child/children |
|------------|-------------------|
| 1.         | 1.                |
| 2.         | 2.                |
| 3.         | 3.                |

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### Day 3

| My partner | My child/children |
|------------|-------------------|
| 1.         | 1.                |
| 2.         | 2.                |
| 3.         | 3.                |