**High of the Day**

This intervention is intended for all types of couples included but not limited to couples in distress, enrichment couples, and premarital couples. This activity can be a beneficial routine to strengthen your relationship as well as increase personal gratitude. If you can identify something positive on even very “bad” days, then you can train your brain to find the positives. Likewise, when you and your partner are going through a difficult season in your relationship or a “rough patch” you may forget to share positive things with each other. This routine will create a habit where regardless of the negatives that may have happened during the day, you both can still identify and share with your partner at least one positive thing. This will ensure that at the very minimum you will have one positive interaction everyday of your relationship.

***How to do it:***

The way this intervention works is quite simple.

1. Before bed, at the end of the day, you and your partner should take turns sharing their ‘high of the day.”
2. The silent partner does not need to comment on what their partner is sharing, but they need to listen to their partner when they speak.
3. It does not have to be an experience you experienced together but could be something that you experienced on their own. For example, you might share that your high of the day was when you worked out at the gym, or had your favorite meal for lunch.
4. This intervention takes less than 5 minutes and can be completed daily, or most days.