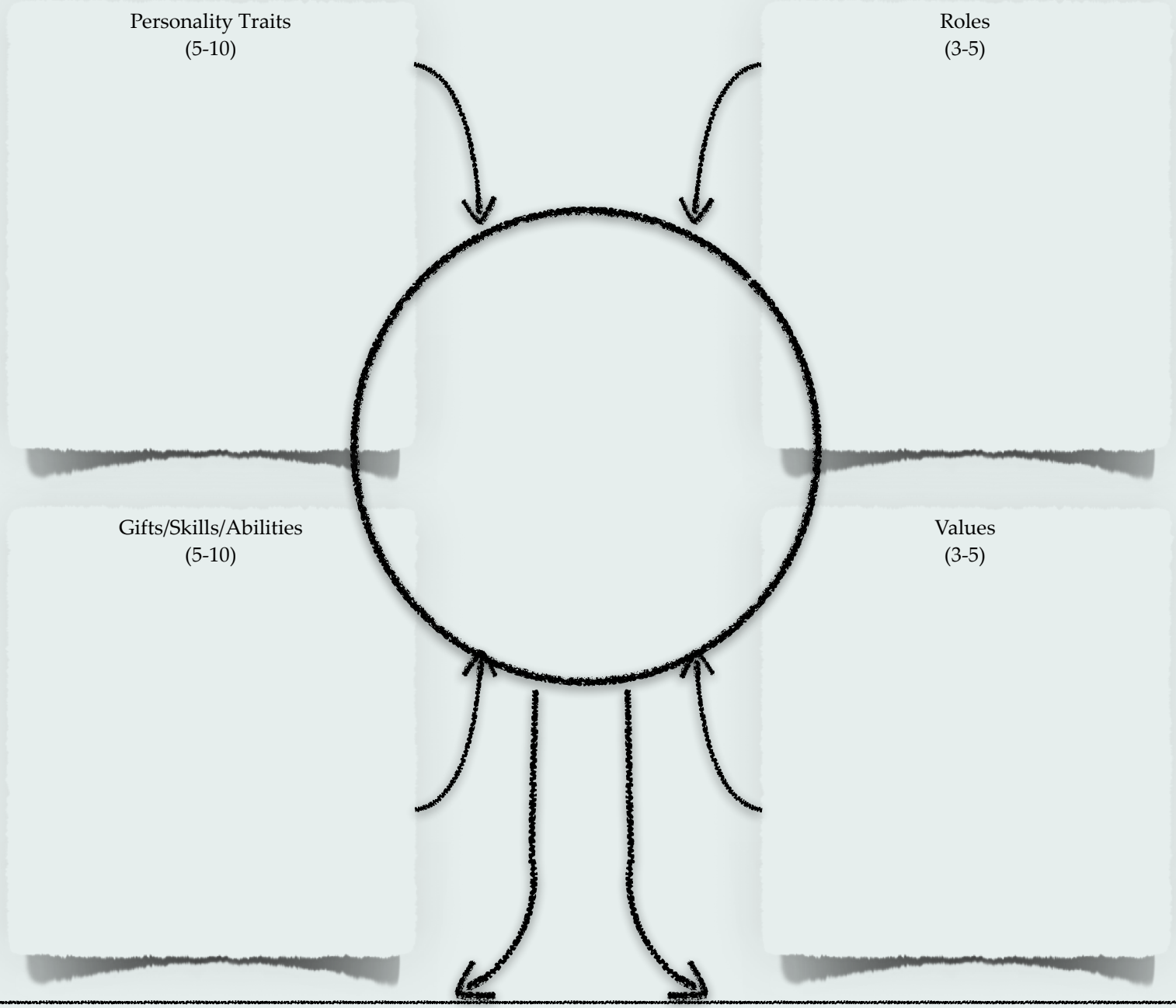
DeYoung Consulting
Safe, Stable, Successful Families.

A Fuller Picture of You

Step 1: Build as full a picture of your partner as you can. Think beyond what they do for you and notice who they are—their personality, roles, gifts, abilities, and values. These should be positive characteristics. Each box has a suggested number, but fill it as much as possible.
Personality traits: Identifying positive personality qualities. e.g., optimistic, kind, determined, organized, etc.
Roles: What specific roles do they have? Remember roles matter, but they are not the whole person:
Gifts/Skills/Abilities: Talents or skills may be connected to their work or a hobby.
Values: What core values guide their behavior. e.g., honesty, generosity, selflessness, etc.



Step 2: Pick two or three core qualities from each box and write them in the circle.
Choose two or three qualities from each section that feel especially central to who your partner is. Over the next week, look for natural opportunities to notice and name those qualities out loud.
What did you remember or notice about your partner that you have not paid attention to lately?