



QUEST FOUR
**ANCHORED
IN LOVE**



Salon



ANCHORED IN LOVE

A Coupleship Celebration

Anchored in Love: A Coupleship Celebration is your opportunity to take a step back and reflect on the incredible journey you and your partner have shared this year. Whether you've hit major milestones or faced unexpected challenges, there's untapped potential in how you look at your relationship. And here's the kicker: the secret weapon that can unlock it all is appreciation and gratitude.

When you anchor into appreciation and gratitude, you invite more love, connection, and possibility into your relationship. Anchoring in the good helps shift the focus from what's missing to what's working, nurturing a lasting sense of gratitude, warmth, and joy in the relationship.

This salon's aim is to elevate your partnership, celebrate the love you've built, and step into the new year with renewed purpose and joy... because when you change the way you see things, everything you see changes.

"What we appreciate, appreciates." - Lynn Twist

*Appreciate
you!*

'you are'
THE BEST

*Truly
Grateful
for you.*

THIS YEAR IN REFLECTION:

Answer these questions as best as you can as individuals and you will have time to connect with one another to share your answers.

Note- If you need help remembering your year, we encourage you to review photos on your phone to help find memorable moments.

Name 1-3 ways that you can acknowledge your partner for their growth this past year?

FOR EXAMPLE

- **New Habits or Routines:** Has your partner developed a positive habit, like regular exercise, healthier eating, or setting boundaries at work?
- **Emotional Support:** Have they become more attentive to your feelings, shown more empathy, or responded with greater patience and understanding?
- **Communication Improvements:** Have they made an effort to communicate more openly, listen more deeply, or address conflicts calmly?
- **Self-Care or Personal Goals:** Did they work on self-care, invest in personal goals, or overcome a personal challenge that you admire?
- **Relationship Engagement:** Have they been more engaged in the relationship, initiating date nights, or making an effort to connect on a deeper level?

Name 1-3 ways that you can acknowledge your partner for their growth this past year?

Reflect on a moment this year where you felt especially supported by your partner.
What was it that they did for you?

What's one challenge or pattern that you've shifted or moved through as a couple?
What are the changes you've seen in your relationship as a result?

What's a new experience or adventure you had together this year that brought you closer? Reflect on what made it special and how it deepened your connection.

List three ways you feel more aligned as a couple now than you did a year ago. What do you attribute that to?

HOMEPLAY

Do this Together



BONUS QUESTIONS

For homeplay or with your Couples Council

Identify two qualities in your partner that inspire you to become a better version of yourself. Share why these qualities mean so much to you and how they've impacted your relationship.

Where can you acknowledge yourself for your growth & evolution this year (in relationship to your Couplship)?

GRATITUDE IS GOOD FOR YOU

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” - Melody Beattie

SCIENCE:

Neuroplasticity of the Brain

- The practice of gratitude encourages the development of new neural pathways.
- The repetitive practice strengthens the positive pathway and, cyclically, leads to increased use of that pathway.

Brain Chemicals

- When gratitude is expressed and/or received, the brain releases dopamine and serotonin, two crucial neurotransmitters responsible for our emotions. Dopamine and serotonin contribute to feelings of pleasure, happiness, and overall well-being.

Cognitive Restructuring

- Practicing gratitude encourages us to be aware of our automatic thoughts and core beliefs and purposefully reflect on what is good and valuable.

BENEFITS OF GRATITUDE

Psychological

- Lower risk of major depression, generalized anxiety disorder, phobia, nicotine, alcohol, and drug dependence
- Better body image
- A key aspect of post-traumatic growth
- Improved mood and life satisfaction
- Increased “eudemonic” well-being (or living life to the fullest)



GRATITUDE IS AWESOME

BENEFITS OF GRATITUDE

Physical

- Decreases overall stress
- Improved sleep-wake cycle
- Activates the heart frequency which increases healing and overall wellbeing

Relational

- Improves forgiveness
- Decreases narcissism
- Promotes conflict resolution
- Better body image (better bedroom time?) 😊

SOME TRIED & TRUE GRATITUDE PRACTICES:

- **Daily Gratitude Sharing:** Dedicate time each day to express gratitude for each other.
- **Gratitude Journaling Together:** Maintain a shared journal to record things you appreciate about each other and your relationship.
- **Date Night Gratitude Ritual:** Incorporate gratitude into date nights through activities like writing love letters or sharing heartfelt compliments.
- **Acts of Service with Gratitude:** Perform acts of service for each other, expressing gratitude for the opportunity to serve.
- **Weekly Gratitude Check-in:** Set aside time each week to discuss specific things you appreciate about your partner and your relationship.
- **Reframe Ungrateful Thoughts:** Practice reframing negative thoughts into positive ones to cultivate a more optimistic outlook.

For more like this check out:
[Daringtolivefully.com/gratitude-exercises](https://daringtolivefully.com/gratitude-exercises)



CREATE YOUR PRACTICE

What Will Your Gratitude Practice Be? Discuss and create your own.

Write your commitment to your gratitude practice here:

How will you track your results?

How will you stay accountable?



RECOMMENDED READING

PAM GROUT'S THANK & GROW RICH

Thank & Grow Rich: A 30-Day Experiment in Shameless Gratitude and Unabashed Joy
Pam Grout's book, "Thank & Grow Rich", is a 30-day experiment in cultivating gratitude and joy. The author, known for her previous works on energy and manifestation, argues that gratitude is the key to unlocking abundance, happiness, and magic in life.

Overall, "Thank & Grow Rich" is a guide to cultivating a gratitude practice that can lead to increased joy, abundance, and magic in life. By embracing brazen gratitude, readers can align themselves with the abundant energy of the universe and experience a more fulfilling and enchanted existence.



For more on Pam check out:
PamGrout.com

BONUS: What is one thing that you are most grateful to Eden for?

*Truly
Grateful
for you.*

Share this in our Sanctuary WhatsApp group OR text it to 442.222.2346

