

## What Makes a Perfect Day

“The more you learn about your partner, the easier it will be to find ways to brighten their day,” writes Stone (Stone, 2019).

When you know what a perfect day might look like for your partner or how you can turn a bad day into a good one, you can make slight changes that profoundly affect their lives.

Besides, knowing that someone is thinking of us and trying to make us happy has far-reaching consequences in a relationship. It reminds us that the other person is on our side and wants to make life better for us.

Ask your partner to answer the following questions. Record the answers for later review:

1. What is the ideal way for you to wake up? (music, alarm, light)

2. What is the ideal way for you to fall asleep? (music, book, cuddle)

3. What do you crave when you are having a bad day? (ice cream, cake)

4. What would you do if you had a spare hour in the day? (exercise, nap, shop)

5. What makes you feel better when you are sick?

6. If you were scared or upset, how would you like to be calmed?

7. What's your favorite part of a typical day?

8. What part of your day do you dread the most?

9. Do you prefer novelty or familiarity (food, drink, TV)?

10. How would you like to celebrate a promotion?

11. What three things would you change in your life if you could do so instantly?

12. What does a perfect day look like (what would you do, where would you go, with who)?

Note that the answers should not lead to the expectation that the other person does all of those things that make every day a perfect one.

Instead, consider the answers as providing insight into what makes a person happy and the changes we can make to our lives.

## References

- Stone, R. (2019). *Relationship workbook for couples: A guide to deeper connection, trust, and intimacy for couples young and old*. [Kindle DX version]. Retrieved from <https://www.amazon.com/dp/B07Q6Z7CJF/>.

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