

start with this to put money in the (love) bank

low cost, high value



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This worksheet is around understanding what your partner likes, and **starting with things that give the greatest return on effort** (ie the cost).

Instructions on page 3 (QR code in footer for video)

Remember : this is not a request list, it is about being clear about things you appreciate

Sheet A			
column 1	column 2	column 3	column 4
I appreciate it when ...	I feel ...	value to you	cost ie emotional / physical effort
e.g. you give me a long hug after work	e.g. loved, safe, admired, nurtured	low med high	(emotional or physical) low, med, high



 [video instructions](#)

R003 - high value, low cost - download at cloud9couples.co/resources
or cloud9couples.co/blog/start-with-low-cost-high-value.html

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Sheet B			
column 1	column 2	column 3	column 4
I appreciate it when ...	I feel ...	value to you	cost ie emotional / physical effort
e.g. you give me a long hug after work	e.g. loved, safe, admired, nurtured	low med high	(emotional or physical) low, med, high



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Instructions

1. Print all three pages - **keep Sheet A** yourself and **give Sheet B** to your partner.
2. In column 1, write down **actions you like receiving** from your partner
 - being more **specific** makes it more actionable
 - don't fall into the **trap** of "if they loved me they would know"
3. In column 2 write how each action makes you **feel**
4. In column 3 write how **valuable** this is to you (either high, medium, or low)
5. **Give your Sheet A to your partner** so they can fill out **column 4**
6. **Get Sheet B** from your partner
7. On Sheet B (column 4), rank everything according to the amount of effort or **cost** (emotional/physical) it takes you. Something easy to do is low cost.
8. **Find 2 items** with the **highest value vs the lowest cost**
 - scan items ranked as "low" cost to you, what has the highest value to them?
 - if nothing matches, look at the "mid" cost items - what has the highest value?
9. Keep Sheet B and **focus doing these 2 times as much as practical this week**

EXAMPLE			
column 1	column 2	column 3	column 4
I appreciate it when ...	I feel ...	value to you	cost ie emotional / physical effort
e.g. you give me a long hug after work	e.g. loved, safe, admired, nurtured	low med high	(emotional or physical) low, med, high
you give me a long hug after work	loved	med	low
say thanks for picking up my laundry	appreciated	low	low
you take me out on a morning hike	cherished	high	med
make me lunch	grateful	med	med
organise a night away	excited	high	low



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