

Activity—The 4:1 Ratio

Place this sheet in an accessible place in your home. Keep “score” of how many times you use a critical remark and how many times you praise. At the end of the day, check your ratio. Set a goal to meet the 4:1 ratio (praising four times as much as you criticize) in seven days.

	Praise	Critical Remarks	Ratio
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			