



# **Cultivating Us**

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This document outlines a basic framework to develop your **Relationship Mission Statement** along with its **complementary components**.

It's designed to help you stay grounded in how **WE** want to show up in this partnership—not as a contract, but as a **commitment** and a **neutral reference point** for accountability.

**Post it where you can see it, feel it, and ultimately act on it.**

**Let it be a visual cue for cultivating "US!"**

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### **Purpose of the Mission Statement**

The mission statement identifies and clarifies **what** and **how** the spirit of your relationship aspires to be. It represents:

- The **shared investment** in the relationship.
- The **daily practice** of intentional behavior.
- A **neutral reference** point to hold each other accountable.
- A **reminder** to offer grace, kindness, and compassion—especially when a “do-over” is needed.

It influences:

- **What to practice.**
  - **How to show up.**
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### **Individual & Shared Practice**

Each partner should:

- Understand their **role** and **contributions**.
  - Recognize **both healthy and unproductive behaviors** (a.k.a. “junk food”).
  - Work individually and together to build a relationship aligned with the mission.
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## Activity: Build Your Relationship Blueprint

Take time to build your mission statement using the categories below.  
Keep it simple, clear, and actionable—knowing that parts may evolve with time.

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### 1. Values & Beliefs – What matters to US?

*Examples:*

- Being Kind
  - Being Patient
  - Being Open to Things That Scare Us
  - Being Curious
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### 2. Mission Statement – How are we trying to BE?

*Example:* “We commit to show up and practice cultivating a peaceful and safe environment.”

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### 3. Dreams & Goals – What are we working towards?

*Examples:*

- Career Growth
  - Financial Stability
  - Adventure and Exploration
  - Building Community
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### 4. Support & Practice – How do we show up for each other?

We commit to work **individually** and **together** to understand, cultivate, and practice the following:

#### My Practice – Individual Commitment

*I commit to:*

- Understand what I need to feel SAFE in our relationship.
- Communicate those needs clearly.
- Explore and identify **unhealthy patterns** I contribute (“junk food”).

*Example:* “I will identify more opportunities to play and connect. I will notice when I’m withdrawing and work on re-engaging.”

#### Us Practice – Our Shared Commitment

*We commit to:*

- Creating a SAFE environment when we discuss challenging topics.
- Being open and trying new things together.
- Being patient when one another forgets to practice a new habit.

*Example:* “We commit to identifying new hikes to go on together. We will prioritize going twice a month—regardless of the weather.”

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# OUR MISSION STATEMENT WORKSHEET

*A Core Practice of*

*ME | WE | US*

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## Purpose

An essential component of *ME | WE | US* is developing a shared **Mission Statement** that answers:

**“How do WE want to show up?”**

This mission statement becomes the **anchor** for your relationship’s intentions and daily practice. It is:

- A shared vision of how your relationship aspires to be.
- A mutual and neutral **reference point** for accountability.
- A **commitment**, not a contract—a tool for growth, grace, and intention.

This worksheet serves as a **living artifact**—something to revisit, refine, and live by.

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## OUR MISSION STATEMENT

*Write a clear, inspiring sentence that captures the essence of how you want to show up in your relationship.*

**Example:** *We commit to show up and practice cultivating a peaceful and safe environment.*

**Our Mission Statement:**

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## OUR PRACTICE (TOGETHER)

*How will we practice our mission together? What shared intentions guide us?*

**Example:** *Understanding what we each need to feel SAFE. Identifying the unhealthy patterns (junk food) that harm our connection.*

**Actual:**

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**MY PRACTICE (Partner A: \_\_\_\_\_)**

*How will I personally practice and contribute to our mission?*

**Example:** *I will work to understand and communicate what I need to feel safe. I will identify and reduce the “junk food” I bring into the relationship.*

**Actual:**

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**MY PRACTICE (Partner B: \_\_\_\_\_)**

*How will I personally practice and contribute to our mission?*

**Example:** *I will reflect on my patterns and communicate my needs more openly. I will acknowledge when I’m contributing in ways that do not support our shared vision.*

**Actual:**

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**Tip:** Post this worksheet somewhere visible. Revisit it regularly. Let it be a living part of your partnership—not something static, but something sacred.

# Sample Tool Kit

Magic Words <i>(Curiosity &amp; Attentive)</i>	Conversation Guardrails <i>(Structure &amp; Start-Up)</i>	Fill In The Blanks <i>(Facts vs. Fiction)</i>	Disrupt the Junk Food <i>(Unproductive Habits)</i>	Review the Game Tape <i>(Perspective)</i>	Labels & Words <i>(Character Attributions)</i>
Grace, Kindness, & "Do-Overs"	Power of Favors & Thank You	Practice the Pause <i>(Impulse)</i>	Translate Safety <i>(Open &amp; Receptive)</i>	Pay Attention & Body Scan <i>(Capacity &amp; Margins)</i>	Boundaries <i>(Me   Not Me)</i>
Play & Celebration	Parking Lot <i>(Time &amp; Place)</i>	The ABC's of WHY <i>(Stories &amp; Scripts)</i>	Understand How to Show Up <i>(Role)</i>	Accommodation <i>(Reciprocity)</i>	Reliability & Predictability <i>(Trust)</i>
Seek Novelty <i>(New &amp; Different)</i>	The Penny Jar <i>(Deposits &amp; Compliments)</i>	Power of Planning <i>(Process &amp; Schedule)</i>	Establish the Mission Statement <i>(Working For )</i>	Values & Cues <i>(What Matters &amp; Focus)</i>	Manage Transitions <i>(Pace &amp; Rhythm)</i>
Productive Reinforcement <i>(Encouragement)</i>	Set Bookends to Prevent Leakage <i>(Set Limits)</i>	Establish the Metrics of Success <i>(Reference Points)</i>	Identify Scarcity & Abundance <i>(Wants &amp; Needs)</i>	Power of Neutral <i>(Mindset)</i>	Both   And
Plan for the Traps	Validation	Be Bi-Lingual <i>(Rx Language)</i>	Make Time for Self-Care <i>(Recovery)</i>	Find Your 90 <i>(In the Pocket Strategies)</i>	Be Explicit & Specific <i>(Inputs &amp; Impact)</i>

# Example

## Family Values



### OUR MISSION

Be childlike.  
Always curious +  
seeking new adventures.

### DREAMS + GOALS (few years...)

Time: freedom in our 30s  
 \$\$\$ Passive: \$10k    \$5k  
                   Reveries: \$100k    \$30k

Travel: A month worth of time/year  
 Family: Get married + Build a family  
 Community: Volunteer 1x Quarter

US: date each other

### SUPPORT + PRACTICE

date night 1x week (Hw)  
 working on ourselves  
 alone time 1x week  
 Reflect + refine 'cuz' 1x year (sw)  
 Be there for each other x3

## CULTIVATING "Us"

### OUR VALUES + BELIEFS

have fun  
 grow consistently  
 do it B!t  
 let it flow  
 judgement free

#### VALUES

play creatively  
 grow consistently  
 be committed  
 explore peacefully  
 quality relationships  
 at hand

#### VALUES

Continuous Growth  
 Loyalty to yourself + others  
 Have fun  
 Keep it Simple  
 Healthy all around

