



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!"**

Purpose: 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.**
-

Practice: Individual & Shared Contributions

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.

Build your relationship blueprint by incorporating the following areas of understanding that you've discovered through the **WE** exercise.

Values & Beliefs: What matters to US?

Examples:

- Being Kind
- Being Patient
- Being Open to Things That Scare Us
- Being Curious

Mission Statement: How are we trying to BE?

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

Dreams & Goals: What are we working towards?

Examples:

- Career Growth
- Financial Stability
- Adventure and Exploration
- Building Community

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").

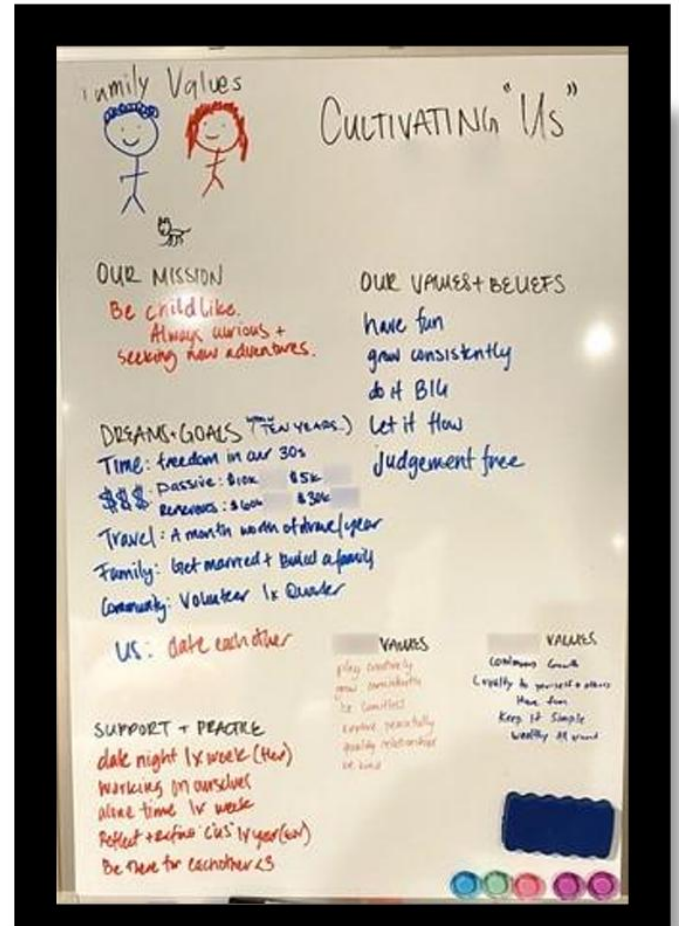
Example: "I will identify more opportunities to play and connect. I will notice when I'm withdrawing and work on re-engaging."

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."



WORKSHEET: OUR MISSION STATEMENT

Take time to build your mission statement using the suggestions below. Keep it simple, clear, and actionable knowing that parts may evolve with time. Post this worksheet somewhere visible. Revisit it regularly. Let it be a living part of your partnership not something static, but something sacred.

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.

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:

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:

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:

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:

Tools:

These resources are offered as examples to spark reflection and conversation. Use what resonates, adapt what fits, and allow them to support you in building awareness, understanding, and connection together.

Magic Words <i>(Curiosity & Attentive)</i>	Conversation Guardrails <i>(Structure & 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 & Receptive)</i>	Pay Attention & Body Scan <i>(Capacity & Margins)</i>	Boundaries <i>(Me Not Me)</i>
Play & Celebration	Parking Lot <i>(Time & Place)</i>	The ABC's of WHY <i>(Stories & Scripts)</i>	Understand How to Show Up <i>(Role)</i>	Accommodation <i>(Reciprocity)</i>	Reliability & Predictability <i>(Trust)</i>
Seek Novelty <i>(New & Different)</i>	The Penny Jar <i>(Deposits & Compliments)</i>	Power of Planning <i>(Process & Schedule)</i>	Establish the Mission Statement <i>(Working For)</i>	Values & Cues <i>(What Matters & Focus)</i>	Manage Transitions <i>(Pace & 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 & 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 & Impact)</i>