

EVERYDAY COMPANIONS

PART II



Worksheet 3

There are people in your life who may not always be in the spotlight, yet they play supporting roles in the unfolding story of your journey. Some walk beside you as companions, friends, co-workers, teammates, or trusted advisors. Others may work more behind the scenes, yet their presence is no less vital. They keep your life moving forward, offering practical support and easing the responsibilities of daily life. ● Close your eyes for a moment and picture your week's activities. Who are the people who are sometimes or often present? In this exercise, you'll focus on one of these companions. As time and interest allow, repeat the exercise with two or more others from your list.

Apart from the principal cast, who are the people who play a meaningful role in my life at this time?

Make a list of them all.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

The person I've chosen to consider for this exercise is:

● **What is the nature of our collaboration or shared involvement?**

● **What shared goals are we working toward together?**

● **Beyond the tasks we share, in what ways do I make time to nurture a personal bond?**

● *What do I receive from this relationship?*

● *What do I contribute to it?*

● *What am I learning from this person—through their example, values, way of being, or something they've said or done?*

● *What am I learning about myself through our interactions?*

● *In what ways might I deepen the connection between us?*



Find a thoughtful way to express your appreciation to them this week.

∞ INTERLUDE ∞



TEATIME WITH COMPANIONS

Take a short pause before moving on. Set aside the questions for a moment and simply sit with what you've discovered about these companions and supporters. Notice feelings of appreciation that arise as you think of the ways they support your life. Inwardly—or in writing—offer a word of thanks for their presence and for their acts of kindnesses that often go unnoticed.