

Growing Forward

GROW WITH & FOR EXERCISE

Humans thrive with others and for others through connection with mutual reciprocity. Just as trees need the biodiversity of the forest, so we humans need each other.

This exercise guides you through three sessions of questions and statements that will help you ask meaningful questions, of yourself and your conversation partner.

Before you meet, each of you should set aside time to go through each set of questions independently so that you can both share authentically.

PLAN FOR 3 CONVERSATIONS

1

Share Authentically

The goal of this conversation is for you to share with your Growing With & For partner, and then for your partner to share with you, authentically. You'll ask them the questions and hear their response. Then they ask you the same questions that you've already thought through, and you respond.

2

Curiosity for Each Other

Modeled exactly like the first conversation, the goal of this conversation is for curiosity to grow as you both seek to know each other better. Take turns asking each other questions. You ask them a question from the list, then they ask you a question from the list. You may even find that you might go off the list as your own questions are fueled by each other's responses.

3

Build Healthy Communication

The goal of this conversation is to imagine the healthy community you can both build together. In this conversation, you'll go through the questions together talking about connecting regularly and holding each other accountable.

DURING THIS EXERCISE

Feel free to personalize each session to fit your needs. The goal is connection through authenticity and curiosity so that you know each other on a deeper level.

ADDITIONAL RESOURCES

Each section will have additional resources associated with the prompts. These can all be found on our website thethrivecenter.org.

Section 1

SHARE AUTHENTICALLY

- 1 • Thinking back to childhood, what is a delightful memory that made you feel alive? What made it so memorable?

- 2 • Growing up, with whom did you feel most yourself? What were their qualities that made you feel supported?

- 3 • Thinking about your life today, what and who makes you come alive? What are your passions, interests, and strengths?

- 4 • What values undergird and guide your life?

- 5 • Thinking forward, who is the person you long to be? What pursuits are most important to you?

- 6 • Who are the people you most want to be with?

- 7 • What feeds your “soul”? Where do you go for inspiration?

- ENDING QUESTION: • What have you learned about yourself? And how might this inform a sense of purpose you might pursue at this stage of life?

ADDITIONAL RESOURCES

[Life Off Autopilot \(Part 1\): The Power of Purpose](#)

Section 2

CURIOSITY FOR EACH OTHER

1 • Who are the most important people in your life? What is your role in those key relationships?

2 • How do those relationships inspire or motivate you?

3 • Who are the people who make you feel seen, known, and cherished?

4 • Who are the people you feel concerned for, or long to help?

5 • Here's how I see you show up for your people...

6 • Here's how you make me feel seen and known...

7 • Now, I want to share three strengths/skills I admire in you.

8 • This is how I see you impacting the world around you?

9 • You inspire me when....

10 • How can I challenge you to grow into your best self?

ENDING QUESTION: • This is how I see you being purposeful—by using your gifts for people that you care about and living out your values....

ADDITIONAL RESOURCES

[Dr. Belle Liang Episode](#) [Drs. Sue Johnson & Jim Furrow Episode](#) [Relationship Blog](#)

Section 3

BUILD HEALTHY COMMUNICATION

1 • How has our relationship impacted your life?

2 • How can we do better at regularly connecting in the rhythms of life? Is there a best time/day for us to talk/meet?

3 • How do you think we can better hold each other accountable to be faithful in our various roles and pursuit of purpose?

4 • How do you think we can encourage each other to grow? What goals do you want to make? What support do you need?

5 • What can we commit to doing together to continue growing our relationship with each other?

6 • What's been helpful and meaningful about this process?

7 • Are there others we could invite into connection on this level and into community?

ADDITIONAL RESOURCES

[The Human Connection in Healthy Spirituality](#)