

# Conversations with Spirit

## Sample Mentorship Exercise

### COUPLE'S DICTIONARY CONNECTING THROUGH WORDS

#### CULTIVATING LOVE THROUGH LANGUAGE

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#### **Who is this exercise for?**

This exercise is designed to be played with your life partner.

#### **Purpose of this exercise**

The couple's dictionary helps bring you closer to your partner by fostering meaningful conversation about the words we use. It is for those in the process of awakening to greater aspects of themselves who want to include their partner on their journey in a gentle and non-confrontational manner. If you want to help your partner understand what you are going through on your mentorship and cultivate a deeper connection based on mutual understanding and appreciation for each other's perspectives, consider doing this exercise together. The words we use create our realities. Exploring the words we use, and the unique ways in which we understand them based on our individual perspectives, enables us to understand and appreciate each other more. Through an amplification of mutual understanding and appreciation, love grows.

#### **How it works**

This exercise lasts for 1 month. Each week, pick a word together with your partner. You then both have one week to craft your unique and personalized definition of your chosen word. At the end of the week, create space to share your definitions with each other. After reading your definitions aloud, discuss your impressions of your partner's definition and how it relates to yours. At the start of the second week, pick another word and repeat the process for the entire month. Add your definitions into a binder you build together.

*Observe your mental narrative. While reading the description of this exercise, have you been listing all of the reasons why you and your partner couldn't possibly find the time to do this together? Have you already decided that there's no way you could convince your partner to do this with you? Have you made a determination that there's no value in even suggesting it to your partner? Have you decided that maybe you'll give it a try?*

You can complete this exercise with your partner as many times as you want. If you'd like to engage in this exercise with your partner for an entire year, that option is available to you. You can do this exercise with him/her indefinitely if you wish. Imagine the legacy you can create together through a simple exploration of words and the reality they help you create.

*For the complete details of the Conversations with Spirit Mentorship program, visit <https://www.conversationswithspirit.com/mentorship/>*