

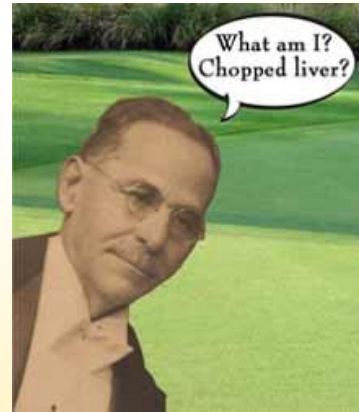
Pondering Point

In life there are many things we can take for granted; moments, opportunities and perhaps most detrimentally those people that support us. **Whether in work relations, friendships or family dynamics, the time and effort we put into cultivating trust and comfort with others can be significantly damaged if we fail to maintain it.**

Distracted by the whirlwind of our everyday lives, we sometimes fail to notice the needs of the people that mean the most to us. *Are we recognizing when others need our support?* For some of us, even unintentionally, the comfort we find in close relationships can subtly turn complacent. *When we feel comfortable enough to share the emotions of our day and rely on them for the support, do we sometimes abuse the privilege by “dumping” on them? Does this mean we are taking them for granted?*

Taking someone for granted can mean assuming the person no longer needs the level of attention they received in the beginning. *When we try and win the other person over finally gaining their support, are they still a priority to us? Do they know if they are? Are we sure they will always have our back?* It is difficult to keep our relationships new and interesting. **Relationships and people evolve over time. If we are not paying attention, we might look up one day and not recognize the other person.** We no longer fit into that relationship and run the risk of breaking the support network we have taken time to cultivate.

Who might you be TAKING FOR GRANTED these days?



Imagine... taking nothing for granted, least of all the people that give you strength.

— From Pondering to Practice —

Self Reflection

Try this - Relationship Inventory

- Think about a person in your life that you are close to.
 - What about them do you value?
 - Do you let them know specifically what that is?
- Why did you seek to build a connection with them in the beginning?
- Have you taken them for granted at times?
 - Why do you think you do this?
- Do you know the needs of that person?
- What can you give back to them to show they are a priority to you?
- How does it make you feel when someone takes you for granted?
- Having thought about this – do you think about your actions differently?

Activity

Sometimes the sturdiest ship is one where the wind never leaves its sails.

Try This – Hoist the Sails!

- Share your thoughts with the person you thought of in the Relationship Inventory.
- Let them know what their support means to you.
- Share what you celebrate in a specific way about this person!

See what happens when you open up and speak from your heart. You might even save a sinking ship.

“In all affairs it's a healthy thing now and then to hang a question mark on the things you have long taken for granted.”

- Bertrand Russell