

CREATE A LEARNING AGREEMENT

Your journey to better understanding yourself has begun with your intention to do this course. If you want to improve your own life and the lives of those you relate to and care about, you are in the right place. And, we want for you the outcome you want for yourself for all the best possible reasons—as declared by YOU!

Before you begin this course and dive deep into its course material we encourage and invite you to create a Learning Agreement with yourself--as your first activity. The agreements we make with ourselves where we define the terms and the goals are more likely to be fully realized, because:

What you choose for yourself is easier to stay committed to.

What you declare for yourself is potent.

What you choose yourself is what matters most!

There are many other reasons to compose a Learning Agreement with yourself. An important one is that you create an opportunity to capture the essence, as vividly as possible, of what matters to you and of what you truly hope to discover about yourself. Here are a few other reasons:

- To understand what motivated you to register, so that you can easily remind yourself that you were serious about going this path.
- To identify and acknowledge your goals and intentions.
- To support you as you navigate material that might challenge you.

Setting goals and intentions will keep you clear, focused and motivated. How would you fill in the second half of these statements?

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- I agree to stay open, curious, and committed to using the exercises and tools offered to improve areas of my life as determined by me, which are ...
- My goals in pursuing this course are...
- What I want most for myself or another I care about is...
- The changes I would like to be able to make are...

Another way to craft a deeply personal agreement with yourself is to first **free-write** in response to the prompts offered. It will provoke an authentic response in you. If we don't censor ourselves our mind naturally fills in blanks and answers questions. And, what we say first is often the truest response we'll give. So make sure you capture that!

What three or more affirming statements could you create
to help you stay focused
as you encounter challenging questions or material?

Some examples to get you started:

I am taking on discovering my Real Self.

I will do what it takes to be authentic with myself.

Even though I feel the fear I will answer the question anyway!

I am committed to being honest with myself.

I am determined to find out what is behind my resistance to change.

No affirming statement which leaps forth from you rooted in pure enthusiasm can be "wrong," but do keep your statements as active and specific and vivid as possible to make them as potent as can be.

Alternately, complete the following statements to develop a sense of your goals and overarching intentions to assure you will stay clear and committed.

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I can be counted on to...

I AM known for being...

I wish I were more...

I have always wondered why I...

Success to me looks like...

I'm done with being the one who always says "Yes" to....

The trick to getting good, organic and heart-felt material to craft your Learning Agreement is to turn off the Critical Mind/Editor in your head and write quickly, withholding judgment, and as if everything is fair game to acknowledge.

Declare it! Be real. Be truthful. Be bold. Dare to dream big for yourself.

In closing let me offer you a short example of a learning agreement to inspire you as you embark on creating your own:

I, Deborah, am taking on this course so that I FINALLY get clear on why I feel so stressed out and hurried even when performing minor tasks and attending to minor appointments. I have done so much personal work and there are still those pesky weeds in my garden that return every season in some way. I know I am capable but how come I sabotage myself?

I know I am appreciated for my generosity, but sometimes I still say yes, when I want to say no.

I will be a stand for my own life.

I will be myself with me and everyone else.

I am committed to uncovering what is at the root of my need for the acknowledgment of others before I can celebrate my own "awesomeness."

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I will plan for procrastination, for I know myself well enough to see that I will delay if I am tired or haven't had the right quiet time with myself.

I look forward to discovering what shifts in thinking and behavior I can make that will make my quality of life so much better and reduce the stress in my life even more.

Please go ahead now and put your own Learning Agreement together in your own words, in whatever format you feel most comfortable working in.