

Take Responsibility for Your Experience

5 Steps to Making the Most Important Agreement Ever!

CREATED BY MIND BODY ALIGN

Agreements provide a framework for compassionate, authentic communication. Practice setting agreements in all areas of your life, one-on-one and in your team, and make a commitment to the success of your relationship or project by observing a set of community-created guidelines.



1

THE POWER OF THE PAUSE

The body scan meditation functions as an extended introduction; it is an invitation for you to spend time noticing sensations, emotions, and thoughts. The best way to start is with three deep breaths.



2

BE A CURIOUS EXPLORER

Notice your body sensations and be curious about what the sensations are teaching you about your experience. What are your thoughts? This is the moment to gather the information that can help you take the next right action.



3

ASK FOR WHAT YOU NEED

Begin with the understanding that he/she/they do NOT know what you need and expect. Be bold and speak clearly about what you need to be effective and supported, then listen to the needs and feelings of others.



4

ALLOW FOR COMPROMISE

Allow for the possibility that what you need may be in conflict with the needs of others. Maintain an open mind and allow for wiggle room in how your needs are met. You may discover a whole new way of being in a relationship.



5

ALLOW FOR THE MYSTERY OF LIFE'S EXPERIENCES

This is not a "one and done." The strategies that worked yesterday may not work today. Embrace the mystery, and remember the power of the pause. Keep going back through steps 1 - 4 to take responsibility for your experience!