

## Agreements

### Step 1. DEFINE THE CURRENT SITUATION

- What's Going on in your life?
- What do you not do in your life, and you're unhappy that you don't do it ?

GOAL:

### Step 2. DISCOVER THE HIDDEN BLOCK, OR FEAR, WHICH IS UNDERNEATH

- Why do you think you do ( or don't do ) this thing?
- What bad thing will happen if you do it / get it / achieve it?  
OR
- What bad thing will happen if you stop doing this?
- How will you feel?

### Step 3. WHAT'S YOUR STORY?

- What is the story you're telling yourself about this?
- What are you telling yourself that isn't true?

### Step 4. DISCOVER THE OLD AGREEMENT

- What was the agreement?
- I agree to give up \_\_\_\_\_ in order to receive \_\_\_\_\_.

### Step 5. DISCOVER THE BENEFIT OF THE OLD AGREEMENT

- Was this agreement useful in your life?
- How has it helped you?
- Do you want to release this agreement and make a new one?
- Who do you need to forgive in order to release this old agreement?
- Create statements: I forgive \_\_\_\_\_

### Step 6. CREATE A NEW AGREEMENT

- What would the new agreement be?
- I agree to \_\_\_\_\_ in order to receive \_\_\_\_\_

### Step 7. CREATE A SELF-IDENTIFYING BELIEF

- Who do you need to be in order to align with your new agreement?
- Create self-identifying positive beliefs that start with "I am \_\_\_\_\_. "