

## Shared Agreements

To support each member of our community to get the most out of her course experience, I agree to the following:

### 1. PUT MYSELF FIRST

I agree to keep my first attention on myself and on my own experience of transformation.

Without shirking my other responsibilities, I am taking on a healthy kind of selfishness where the commitment to my personal transformation will be front and center for the duration of the course.

I also agree to support and encourage other course members only by offering reflections about what touched, moved, and inspired me about their sharing, rather than giving advice or offering unsolicited opinions.

### 2. BE RESPONSIBLE FOR MYSELF

I agree to take 100% responsibility for my own experience and for my own well-being throughout the course.

I realize that although the Program is transformative in nature, it is not a substitute for personal therapy or private coaching. Nor are my Sisters here to take care of me.

Should I find myself experiencing difficult emotions that I am not able to manage, or if I experience a personal life crisis that I am having difficulty navigating alone, I agree to be responsible for generating the additional support I might need (either from existing course support structures, or by pursuing other outside avenues of support available to me), rather than pulling on my Mastery Sisters to take care of me by posting about my overwhelming, challenging feelings and emotions on the Online Community Site.

### 3. BE GENERATIVE IN THE FACE OF BREAKDOWNS

I agree to relate to breakdowns and challenges in my life, and in the course, in creative and resourceful ways.

I commit to using everything that happens, both in the course and in my life, as an opportunity to deepen into greater levels of self-awareness in service to my growth, evolution, and full empowerment.

I agree to look for creative solutions to problems I encounter, and to communicate in ways that are creative, resourceful and solution-oriented.

I am willing to be more interested in, and generative of the future I am committed to causing, than in laying blame and/or in making a case for being victimized.

#### **4. TRUST THE PROCESS & KEEP FOCUSED ON THE MASTERY CONVERSATION**

I agree to share within the framework and practices of the program.

I understand that this is a tried-and-true process of transformation, and in so, agree to stay focused and share inside the framework of the program's teachings, practices, reflections and discussions. I agree to share my own personal journey and all that I am experiencing in my life from the perspective of what we are currently engaging in the course.

#### **5. BOND INSIDE OUR SHARED VISION AND MISSION**

I agree to join together with the other women in this program in our power and possibility.

I agree to bond with other women over our shared callings, visions, and potentials and to relate in ways that serve and support our mutual development and empowerment toward the realization of these potentials.

I agree to refrain from colluding in any story of victimization, and instead relate to myself and others in ways that are aligned with a story of liberation and empowerment.

I agree to give each woman in this program permission to take up space and be as big as she can be.

#### **6. CONTRIBUTE THROUGH MY PARTICIPATION**

I agree to relate to my own personal experience as part of the larger story of women's evolution.

I agree to be curious about what I discover, standing for the possibility that my discoveries are not just personal but serve all the women in this community. I am willing to see my own personal challenges and struggles as they relate to the underlying principles we are currently engaging in the course, in service to the collective learning and empowerment of the women in this program, and in service to all women everywhere.

I agree to frame challenges, problems, and insights in the collective: they are WE problems rather than ME problems.

#### **7. HONOR MY SISTERS**

I agree to keep confidence, guarding the privacy and honoring the vulnerability of those who share.

I agree never to reveal the identity of another participant, or duplicate postings on our Online Community Site without the written permission of the author of the post. I agree to relate to others only in ways that build respect, trust, and appreciation.

I agree to be a guardian of the sacredness of the sharing and growth that happens among my Mastery Sisters throughout the program.