**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 is 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 \_\_\_\_\_\_. “