

The Co-Creator's Agreements

Be Mindful

My intent is to be myself, to be authentic, and to be fully present.

Realize Potential

My commitment is to realize my full potential and support others in doing the same.

Follow my Guidance

I agree to attune with spirit and follow the calling of my soul on behalf of the well-being of the whole.

Communicate with Integrity

I agree to tell my truth with compassion for myself and others.

Act with Integrity

I agree to keep my agreements and will do my best to follow my heart in making commitments.

Deep Listening

I agree to listen respectfully to the communication of others and tune into their deepest meaning.

Spirit of Curiosity

I engage with others in a spirit of open-heartedness and open-minded curiosity, releasing any personal agenda or positionality that might create separation with another.

Honor One Another

I agree to honor each person's process, acknowledging that everyone, including myself, is making the best possible choice or decision we are capable of in that moment.

Appreciate Our Contributions

I agree to take responsibility for asking for and receiving acknowledgments and for acknowledging others.

Honor Our Differences

I agree to come from a sense of cooperation and caring in my interactions with others, and from an understanding that objectives are often the same even though methods for achieving them may differ. I honor the diversity of all life.

Take Responsibility

I agree to take responsibility for my creations, my reactions, my experience and my relationships.

Maintain Resonance

I agree to take the time to establish rapport and then to re-connect with anyone with whom I feel out of harmony as soon as it may be appropriate.

Resolve Problems Constructively

I agree to take problems, complaints and upsets to the person(s) with whom I can resolve them, at the earliest opportunity. I agree not to criticize or complain to someone who cannot do something about my complaint, and I will redirect others to do the same.

Go for Excellence

I agree to support others and to be supported in participating at the highest level of excellence.

Learn from Experience

I agree to do my best to learn from my experiences.

Accept Imperfections

I intend to embrace and accept the imperfections of myself and others.

Be a Leader

I agree to foster an environment of genuine collaboration in which all people, including myself, feel empowered to express our individual and collective potential.

Service to Others

I am willing to open my heart, still my mind and be in compassionate service to all life.

Re-evaluate My Commitment

I agree to choose and re-choose to participate in this core group. It is my choice.

Lighten UP!

I agree to create joy in my relationships, my work and my life.

These agreements are taken from *The Co-Creator's Handbook 2.0* by
Carolyn P. Anderson with Katharine Roske, © 2016 Global Family.
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