

## The Co-Creator's Agreements

### **Be Mindful**

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

### **Realize our 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.

### **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 have been adapted from The Geneva Group Agreements, Boulder, CO 1985.***