

# AGREEMENT INVENTORY

## A clear agreement is:

- **Who?** - Define the person or persons who are making the agreement and make sure all have said yes.
- **Will do what?** Make sure it is measurable so we can clearly discern if it has been completed or not.
- **By when?** Give a very specific day and time by when the agreement will be completed.

## Types of Agreements

- Are there any agreements you made that you are likely not going to be able to keep and need to be renegotiated with yourself or someone else?
- Are there any agreements that you broke (meaning the deadline has passed and you did not do what you said you were going to do or not do) that you need to clean up with yourself or someone else?
- Are there any agreements that someone else broke with you that you need to clean up?
- Are there any unclear agreements or assumptions that you need to clarify to avoid any misunderstanding or drama with yourself or someone else?
- Are there any agreements you want to make with yourself or someone else to support you in living from a whole body yes?

*Pro tip:* Look for where you have drama or recycling issues in your life to see where you are out of integrity around your agreements.

## Scan your relationships to see where you need to clean up agreements:

- |                  |                                 |
|------------------|---------------------------------|
| • Spouse/partner | • Neighbors                     |
| • Parents        | • Teachers                      |
| • Siblings       | • Friends                       |
| • Children       | • Groups where you are a member |
| • Colleagues     | • People you borrowed from      |
| • Clients        | • People who borrowed from you  |
| • Self           |                                 |