

MOTIVATION VS VEGETATION

THE FOUR AGREEMENTS

Class Outline - Handout

I. INTRODUCTION

A. Class Purpose:

To affirm that you have the right and ability to be who you truly are and to offer empowering ideas and skills that will motivate, renew, and energize you in your personal and Sweet Adeline life.

B. The End:

C. The Beginning:

D. Living is easy with eyes closed, misunderstanding all you see." (John Lennon)

II. WHY WE DO WHAT WE DO

A. Messages from our childhood

1. Old Patterns
2. New Patterns

B. Determining our attention

C. Developing our "agreements"

D. Getting out of our own way

1. The Insanity Cycle
2. If things are gonna change, I must change
3. It's Just a thought and you can change it
4. Believe you are limited and you are right. Believe you are not limited and you are right.

E. The concept of The Mirror

III. THE FOUR AGREEMENTS

A. Be Impeccable with Your Word

1. The Power of Language
 - a. Speak with Integrity
 - b. Say Only What You Mean
2. Using the Word for yourself, not against yourself
3. Misusing the word
 - a. Lying
 - b. Abusing others
 - c. Gossip
 - d. Self-talk

B. Don't Take Anything Personally

1. It's not all about me.
 - a. Nothing others do is because of you.
 - b. What others say and do is a projection of their own reality.
2. Opinions of others
 - a. You can be immune to the opinions and actions of others.
 - b. You need not be the victim of needless suffering
3. Personal Power
 - a. No person, place, thing or condition can take your personal power...
 - b. Unless you give it away.
4. Choose freedom from suffering

C. Don't Make Assumptions

1. Appearance of truth

2. Danger and pain in assuming
3. Safety in Communication
 - a. Find the courage to ask questions
 - b. Find the courage to express what you really want.
 - c. Communicate with others as clearly as you can.
 - d. Avoid misunderstandings, sadness, drama
4. Choose freedom from guessing

D. Always Do Your Best

1. Your "best" changes
2. Take action
3. Take risks
4. Control your own life
5. Choose freedom from self-punishment

E. WRAP-UP

A. Accepting the uniqueness of others

B. Loving and accepting yourself

C. Living in the moment

D. Making the choice for myself

Bibliography

The Four Agreements by Don Miguel Ruiz
“A Practical Guide to Personal Freedom”, Amber-Allen Publishing Inc., 1997