

AGREEMENTS INVENTORY

What were your three biggest yeses from the ACT NOW: YESES AND NOS TOGETHER worksheet? Are there any agreements you want to change in your life to create room for those three yeses to come to fruition? List them here:

What were your three biggest nos from page ACT NOW: YESES AND NOS TOGETHER worksheet? Are you overriding them in any way? Do any agreements need to be changed so that you can fully honor these nos of yours?

Have you said “yes” to anything you don’t actually want to do? List them here:

Are there any agreements you’ve made that you aren’t keeping? You said you would do something and you haven’t done it on time? Or you said you wouldn’t do something and you did anyway? List them here:

Put a star next to any agreement that you’d like to proactively change and do so using the steps outlined on the next page.