

THE FOUR AGREEMENTS: EXERCISES

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Step 1. Make a list of 10 things you would LOVE to do or accomplish but aren't doing because of an assumption you are making about it. e.g. "no one will buy that" or "I don't want to bother someone asking that" or "I couldn't possibly do XYZ."

Step 2. Now ask yourself about EACH one "Is that true?"

Step 3. Write down a positive outcome of each of the things you are NOT doing because of an assumption

Step 4. Out of your list of 10 things, pick 3 to act on this week and see if your assumption was wrong. Remember, we fiercely try to be right...but it often works in our best interest if we aren't.



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