

## Life Pact

In order to attain a lifestyle where I am giving back at least as much as I take, I intend to do the following for a period of \_\_ months, at the end of which time I will review and consider renegotiating this agreement. Following is a summary of my goals *and* plans for my own use.

Personal Mission and Fulfillment What goals are you setting that best help you live out your personal mission? What relationships have you entered into that nurture this? What are your plans? (Note: plans may involve any of the following from the earlier version of this form: body, psyche, personal relationships, or the spiritual)

Increasing Personal Capacity What goals are you working on to build your potential? (What skills, information, attitudes are you learning? What relationships are you entering into?) What habits, activities and relationships are you letting go of or ending in order to build capacity in your life, to make room for something better? (Usually this is a goal to remove the biggest bottleneck in one of the following areas: time, money, personal organization, alertness, concern, personality structures or personal relationships.) What are your plans?

Creating a World-Sustaining Lifestyle What goals are you working on that increase the stability of our mutual life-support systems, the community (including nonpersonal interactions), the economy, the political system, and the environment? What are your plans?

Empowering Others What relationships and goals are you beginning in order to help others clarify and live their mission, increase their potential, and live a more peaceful and world-sustaining lifestyle? What are your plans?

Ripple Effect (Optional) If you are comfortable with the program and have achieved some results, you are encouraged to invite others to participate in All Around. They benefit and the world benefits from their efforts.

(Strongly Recommended) A regular time or times each week that I will work on these life pact goals will be \_\_\_\_\_ for \_\_\_\_\_ hours per week on average.

The motivational and support systems I will use to assure that I fulfill this pact are:

- |   |   |
|---|---|
| <input type="checkbox"/> daily review of pact   | <input type="checkbox"/> buddy system phone calls |
| <input type="checkbox"/> weekly review of pact  | <input type="checkbox"/> family meetings (weekly) |
| <input type="checkbox"/> monthly review of pact | <input type="checkbox"/> Goal & Growth Group      |
| <input type="checkbox"/> personal calendar      | <input type="checkbox"/> other small group        |
| <input type="checkbox"/> do-lists               | <input type="checkbox"/> visualizations           |
| <input type="checkbox"/> personal journal       | <input type="checkbox"/> affirmations or prayer   |
| <input type="checkbox"/> notes or other visual  | <input type="checkbox"/> a course or workshop     |
| <input type="checkbox"/> other, please specify: |   |

\_\_\_\_\_  
(date)

\_\_\_\_\_  
(signature)

\_\_\_\_\_  
(date)

\_\_\_\_\_  
(witness)