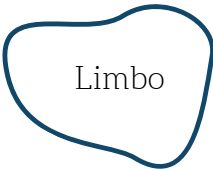


| | Commitments | Agreements | Insights / Notes |
|----------|--|--|------------------|
| Who | Solo - between you and the universe, your higher power, God, etc. | Mutual - between two or more people | |
| When | 1st | Flows from Commitments | |
| What | Your organizing principle | Your operating principles | |
| Wobbles |  | "interpersonal drama" | |
| Solution | Re-commit | <ol style="list-style-type: none"> 1. Say no when you do not want to make an agreement. 2. Say yes to agreements you want to make. 3. Do what you said you'd do. 4. Don't do what you said you wouldn't do. 5. Proactively change agreements that no longer work for you. | |