

Daily Agreements

- Complete minimum # of Reality Management Worksheets. (RMS)
- Spend minimum # of minutes reading, watching or listening to any of the “Why Again” material.
- Participate in a verbal and non-verbal exercises.
- Contact by text, email or phone when you have completed all of your agreements.

* The minimum # is determined by the program you select.

***The degree to which you keep your agreements with integrity,
is the degree to which your life works!***