



The Sacred Success Blueprint – Course Agreements

By participating in the course, we assume that you are a yes to each of the agreements; these agreements apply to the Facebook group and any in-person work.

1. Everything shared in the collective space is confidential.

Technically, we (the company) cannot guarantee confidentiality because this is a group space. However, our first agreement is to hold confidentiality. This means: share your own experience but omit the experience of others. Please do not share or re-post anything unless you have the explicit permission of the one who is sharing.

2. You create your reality. (Take 100% responsibility.)

As a part of this course, you agree to take 100% Responsibility for your success. AND – for what practices you participate in.

3. Avoid “I already know that”

“I already know that” are the 4 most dangerous words a Yoga Teacher can say, because they cut you off from the flow of possibilities and inner wisdom.

True learning equals a change in behavior. Without the results, you don't know it. So stay open to your own learning by avoiding “I already know that.”

4. Essence & Connection

Emptying the busy mind and addiction to doing and connecting with Essence is a key piece of this work. It's the willingness to truly allow yourself to shine, expand and grow that will ensure your success in this course and in your career.

5. Trust in Your Intention & Desire

Trust that you are being called by Source – within and without. When you have moments of fear, doubt or unworthiness, remember that it took dedication and initiative to enroll in this course AND remember that you

are being called to serve something truly beautiful – human potential and transformation. Go back to your deepest intention and heart's longing and stay rooted in the JOY of learning.

6. Play Full Out & Decide This Will Work for You

As you have heard, attitude is everything. When we make a decision to have a success focused and positive attitude, reality literally shows up that way for us. Decide that this program will work for you, and totally show up for it.

Make the time to truly be present and listen to the audios.

Make the time to truly be present and complete the practices.

Make the time and BE in the space of potential when you take action.

Have fun!

7. Be Comfortable in the Unknown & the Possibility

All is coming! It truly is, but we can want to know NOW how this will all turn out. Trust that all you are doing is paying off. Being in the unknown means you are in a place that is rich with possibility. Allow yourself to be there and to take each step as it comes.