

MY 10 COMMITMENTS

- 1) I will BRING THE BEST OF MYSELF to this experience, fully.
- 2) I will RESPECT myself and all others, at all times.
- 3) I will HONOR the Sacredness and Safety of our space and all personal sharing.
- 4) I will LET GO of my judgments, opinions, and criticisms, to expand my personal awareness.
- 5) I will SPEAK FROM MY HEART with simple honesty and integrity.
- 6) I will LISTEN WITH MY HEART, honoring always the Trust placed in me.
- 7) I will SUPPORT THE PROGRAM AND PRESENTERS by giving my full attention in all activities, benefiting everyone.
- 8) I will be HONEST WITH MYSELF and others, to the best of my ability.
- 9) I will UPHOLD THE INTEGRITY of the "Lock-In" guidelines, and respect the boundaries set for the good of all concerned.
- 10) I will FREE MYSELF to be the best me I can, as I enter in, participating fully in my own growth and unfoldment.