

## DURING THE SECOND / THIRD DAY OF CLASS

*Individual Agreements* (activity)

**Time:** 20 minutes

**What it's good for:** When we make agreements with ourselves, we can each acknowledge what we need in order to learn and participate in the group more fully.

**How it works:** Take 10–15 minutes to journal alone about a moment in the past when you have been able to learn something new (at home, at work, in school, anywhere). What did you learn? What allowed you to do this?

Write about each of these factors:

Self-care/being rested/sober

Confidence/determination/patience/  
perseverance

Having fun/friendship

Working hard/showing up

Accountability/deadlines

Being recognized

Seeking help

Clear communication

Positive reinforcement/honest feedback

Take 5 minutes to make some agreements with yourself about what you will do to ensure that you can be present to learn in this class.

**Optional:** Return to this throughout the semester, deciding to share it with one another or to keep it private.