

Ethical Code Agreement

Self-Guided Version

This agreement is a personal commitment to the values that guide this journey. As you engage in this self-guided course, you are invited to cultivate a space of self-honesty, forgiveness, and care—for yourself and for others—while honoring the sacred nature of emotional transformation.

This is not a contract of perfection. It is a reflection of your intentions—to move forward with integrity, curiosity, and compassion as you grow.

Commitment to Balance

I, **(write your name here)**, strive to uphold balance in my personal growth and decision-making by honoring the following:

- Freedom & Boundaries
- Self-Care & Service
- Honesty & Kindness
- Mysticism & Ordinarity

Personal Intentions & Guidelines

I commit to keeping my heart and mind open. I bring a sincere intention to grow, learn, and become more self-aware—both in this workshop and in my everyday life.

I, _____, **set the following personal values and intentions for this journey:**
(You may list values, themes, or affirmations)

I affirm that these intentions are for the highest good of myself and of all those I may encounter—during and beyond this journey.

Honoring My Personal Journey

“A high is any state of consciousness that rises above one’s customary level of awareness.”

— *Power vs. Force*, David R. Hawkins



As I move through this workshop, I acknowledge that:

- My journey is unique and should be honored with patience and compassion.
- There is no single path to self-awareness. Every experience I encounter is part of my evolution.
- I will hold space for my own growth without judgment, allowing room for exploration, self-expression, and transformation.
- I will return to this agreement when I need to reconnect with my purpose or values.

Commitment to Emotional Responsibility

I recognize that I am responsible for creating emotional safety for myself throughout this journey. If at any point I feel overwhelmed, I will pause, reflect, care for myself, or reach out for professional or personal support.

Reverence for Others

I commit to honoring the journeys of others—without judgment, comparison, or projection. I recognize that every path unfolds in its own timing and that each person's emotional experience is sacred and valid.

Personal Commitment

By acknowledging this agreement, I affirm my commitment to fostering balance, authenticity, and fulfillment within myself.

I approach this journey with openness, curiosity, and self-compassion.

Signature: _____ **Date:** _____

The I Am – I Will Code

To cultivate a mindful and intentional journey that supports my unique path toward balance, self-awareness, and fulfillment.

