



ACT-ivate AGREEMENT

Start as you
mean to **go on**



This card gives you **four simple agreements** to introduce at the **start** of any session as **an invitation to show up well together**. The WFG Act asks us to work differently. This is where that starts.

AGREEMENT

1. **Introduce the four agreements** briefly and ask if anyone wants to add one. Keep it to five minutes - this is a frame, not a discussion.
2. **Ask for what you need**; offer what you can.
3. What's **shared here stays here**.
4. People **speak more honestly** when they **trust their words** won't travel without permission.
5. **Listen with curiosity**, not judgement (especially when you disagree).
6. The most **useful** thing in the room is often **the perspective that challenges yours**.

WORKS WITH



Act-ivate Conversations to set the conditions before the first real question.



Act-ivate Deep Roots to frame the psychological safety needed for personal reflection.

SOURCE

Woolf, Tenneson (2024) *Gifts of Circle: Connection, Courage, Compassionate Action*
CetreSpoke Publishing, British Columbia - Chapter 13.

