

# PledgePartner Agreement

This agreement signifies the fact that we are both committed to being better people and to making our corner of the world a better place by taking and keeping the seven promises of The Self Empowerment Pledge. In that spirit we will support and encourage each other by doing these things:

- » Share with each other one personal, professional, spiritual, or other goal that The Self Empowerment Pledge will help us to achieve.
- » Commit to each other that over a pre-determined period of 21 days we will each watch that day's lesson from the PledgePower course.
- » During those 21 days we will each send the other a brief message of encouragement, periodically including an update on progress toward keeping the promises and achieving the goal, by telephone, email, text, or in person. Good intentions and telepathy do not count.
- » Once a week during those 21 days we will schedule a phone call, skype session, or face-to-face meeting for an open and honest conversation about successes, frustrations, and what more we can do for each other to help stay on track with our promises.
- » After the end of the 21-day course we will each message each other via email, text, phone call or other method, and at least once a month we will schedule a phone call or face-to-face meeting.
- » We will honor the commitments to listen without judging and to hold everything that we share with one another in the strictest confidence.

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Signature

Date

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Signature

Date



**PLEDGEPOWER**

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