

# RESET Shared Agreements

A Monthly Self-Love Practice

## Confidentiality

What is shared in this space stays in this space. Every woman's story deserves to be met with respect, care, and privacy. This allows us to share openly and honestly, knowing that our experiences will be held in confidence.

## Listen to Understand

Offer your full presence when someone is speaking. Listen with curiosity and compassion rather than judgment, interruption, or the need to respond. Sometimes the greatest gift we can offer one another is simply to listen.

## Respect Different Experiences

Each woman arrives with her own unique story, beliefs, and life experiences. We may not always share the same perspectives, and that's okay. Let's approach one another with openness, kindness, and respect.

## Speak from Personal Experience

When sharing, speak from your own experience rather than giving advice or speaking for others. Using "I" statements helps create authentic conversation and allows everyone the freedom to draw their own insights and conclusions.

## Witness, Don't Fix

We are not here to solve one another's problems or offer unsolicited advice. We are here to listen, support, and witness one another with compassion. Trust that each woman is capable of finding her own answers and inner wisdom.

## The Right to Pass

You are always in charge of your own experience. If an exercise, discussion, or sharing opportunity doesn't feel right for you, you are welcome to pass. No explanation is necessary. Honor what feels supportive for you in each moment.

## Participate in Your Own Way

There is no right or wrong way to experience RESET. Whether you share openly, reflect quietly, or simply listen, your presence matters. I invite you to participate in whatever way feels most authentic and comfortable for you.

## Honor Your Needs

RESET is an opportunity to practice self-honoring. If you need to stand, stretch, sit in a chair, step outside for fresh air, use the restroom, get a drink of water, or simply take a quiet moment for yourself, please do so. Listen to your body and trust what you need.

## Embrace Silence

Silence is a welcome part of our experience together. Some of the most meaningful insights arise in moments of stillness. There is no need to fill every pause with words. Allow yourself to simply be present with whatever arises.

## Practice Self-Compassion

Most importantly, be gentle with yourself. Allow yourself to show up exactly as you are. There is nothing to prove, no expectations to meet, and nothing to earn. You belong here simply because you are here.