



Welcome! First and foremost, I would like to express my appreciation for you! You've taken the first step by making a conscious decision in exploring your inner self and discover your true authenticity which I call your PURE AWESOMENESS. I'm so honored to go through this exploration with you!

Before we get started, I'd like to cover our experience together:

- Be ready to PLAY!
  - I personally don't like to "work" through things. Work just sounds so heavy and tiring. I like to PLAY! So let's PLAY!
- Be CURIOUS!
  - No, curiosity didn't kill the cat... In fact, curiosity opened doors for the cat. So be curious and ready to explore!
- Be CREATIVE!
  - Our PLAY will unleash your creative side through body movement and facial expressions. The more exaggerated, the better! I'd like to call this "BODIFY."
- Be willing to SHARE!
  - PLAYING requires sharing. Your thoughts, feelings, body sensations... Sharing is definitely caring!
- Be willing to RECEIVE!
  - Your body and mind will reveal ideas, feelings and sensations... Have an open heart to receive.
- Be willing to BREATHE! BREATHE! BREATHE!
  - Breathing is essential in life otherwise we'd be dead. So I need you to be alive in order for us to play together.
- Be ready for a NO JUDGEMENT and NO SHAME
  - This is a "JUDGE FREE / SHAME FREE" environment. We don't say "I'm sorry..." instead we say "I'm sexy!" So if you arrived late for your appointment, you don't say "I'm sorry, I'm late" instead you say "I'm sexy and I'm late!" Being shameful and judgement is SO NOT SEXY!
- Be willing to COMMIT
  - PLAYING requires commitment. It also includes a long-term relationship between YOU and YOU. That was not a typo... YOU and YOU! Now that we're clear:

# EMPOWERING YOU

## DISCOVER YOUR PURE AWESOMENESS!

GLENN AGONCILLO, EMPOWERMENT/GENIUS COACH

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**ONE**

I commit to knowing myself authentically and completely. I commit to regarding every interaction as a learning opportunity. I commit to letting go of my defensive postures that inhibit rapid learning and play.

**TWO**

I commit to expressing myself authentically and openly.

**THREE**

I commit to the masterful practice of integrity, including acknowledging all of my feelings, expressing the unarguable truth and keeping my agreements.

**FOUR**

I commit to taking full responsibility for my feelings and the circumstances of my life. Specifically, I take complete responsibility for my physical and emotional and psycho-spiritual well-being.

**FIVE**

I commit to the full embrace and expression of my creativity.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip Code \_\_\_\_\_

Telephone Number ( ) \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_ Relationship \_\_\_\_\_

Telephone Number ( ) \_\_\_\_\_ Email \_\_\_\_\_