Name:- Rutvi Nandani Std:-11 Sec:-C Sub:- THE WIN-WIN AGREEMENT[WAG]

1] DESIRED RESULTS-

a] ACADEMIC-

Physics-80%

Chemistry-85%

Biology-80%

Maths-80%

English-80%

b] SKILLS-

❶ I want to go for the ‘SILVA COURSE’ which helps in enhancing our spiritual and intuitive powers.It comes after every 2-3 months in Rajkot and is a 2-day course.It will take me to the level of healing a totally unknown person by using visualization, mirror technique, three-finger technique,etc.

❷ I want to attend all the free sessions by Angelon’s Club because it creates mass positive energy as people come together to work on their goals.

❸ I want to master the skill of ‘DREAM CATCHING’ in which our dreams which are subconscious mirror our conscious goals.

❹ I want to develop an autotelic personality . An autotelic person takes joy, happiness and generates enthusiasm as well as focus in every task he/she does.

❺ I am also giving my SAT/TOEFL examination next summer. Preparing well for it is also one of my major goals.

2] GUIDELINES-

a] I will get up at 5 every morning for practicing meditation as well as studying.

b] I will shift to other forms of entertainment rather than TV like listening to soft music.

c] I will maintain a healthy body,mind and soul.

d] I will follow all school rules and policies like wearing proper uniform, not using mobile phones in school,etc.

3] RESOURCES-

a] Teacher’s time-

❶ More time with Nayna madam to know about transpersonal psychology.

❷ Quality-time with teachers during school hours.

b] Library-

❶A library slot per week.

❷ Issue of interesting classics and inspirational books.

c] Labs with proper equipment-

❶Extra practice , if I need, in practicals.

d] Music Library-

❶ Issue of music records that are played in the morning assembly.

4] ACCOUNTABILITY-

a] For academics, I want my results to be assessed after terminals.[To be assessed by my parents, teachers and me].

b] For my spiritual goals, I regularly seek counsel from Nayna madam.

5] CONSEQUENCES-

a] If I achieve my goals, it would be a success for me and would increase my self-confidence to a great extent.

b] If I don’t achieve my goals,I would like my parents, teachers and peers to encourage me to work harder.