

YAG Guidelines 2025

Agreements

Choose a daily agreement that you are willing to keep every day for a year no matter what.

You will be supported in not quitting.

Discuss your agreement with your pod leader before the start of the year. Your pod leader is very experienced in what agreements work for the YAG and what agreements may not.

There may be something you are very keen to do each day that you feel will work in supporting you in your life and that might be something that will not work as a YAG agreement. Trust your pod leader.

Timed agreements such as 20 minutes meditation or 15 minutes walking each day are single events. If your agreement is 15 minutes walking, you will not be splitting your time into 3 exercise periods of five minutes each. It must be one session of 15 minutes exercise.

When considering a particular agreement, it must afford you the opportunity to say to yourself “I am starting my agreement”, “I am doing my agreement” and “I have completed my agreement”.

If you are having problems with your daily agreement during the first four weeks of the YAG, you may change it to a different agreement. After the first four weeks you may no longer change it and you must keep it for the rest of the year.

You must complete your agreement each day before midnight. It is highly recommended that you complete your agreement first thing each morning if possible. Failing that, you should set a daily reminder alarm on your phone to support you in keeping it.

If you break your agreement, you must contact your pod leader via text by midnight the day you break your agreement. Do not leave it for a day or two.

If you are persistently breaking your agreement, you may be asked to leave the YAG.

Reports

Write a weekly report each Sunday after you have completed your daily agreement and email it to your pod leader before midnight. This is an agreement.

For timed agreements such as cleaning, exercising, etc, the first line of your report should read;

"I kept my agreement to _____ for at least _____ minutes every day this week."

For agreements that you do once per day such as flossing, writing a page in journal, etc, the first line of your report should read;

"I kept my agreement to _____ every day this week."

For take away agreements such as no smoking, no eating in my car, etc, the first line of your report should read;

"I kept my agreement to not _____ every day this week."

Be specific and state directly that you kept your agreement.

After that, you will write about one insight you had about your life in the week. A sentence or short paragraph is fine. Your pod leader will support you in looking.

If you did not keep your agreement on any day, you will acknowledge that you broke your agreement and on which day. Apologize to the other pod members and commit to keeping your agreement for the rest of the process. There is no need to add any stories, reasons or excuses to your report.

Meetings

Meetings occur on the fourth Sunday of the month via zoom at 5pm Pacific, 6pm Mountain, 7pm Central, and 8pm Eastern time for an hour. Participants are encouraged to attend every meeting. You are required to attend at least 8 of the 12 meetings. Please be on time for all meetings.

Meetings are designed to remind us about the Isa Experience, allowing for exchange of information, processes, connection with other YAG members and to provide members with support to continue with daily agreements.

2025 Support Personnel

Gretchen DeMarah

Coordinator

gdemarah@outlook.com

(815) 383-9137

Jeanine Lee

Coordinator, Administrator

jeanine.lee.lee@gmail.com

(312) 622-4795

Orlando Hodges

Coordinator

orlandohodges2010@gmail.com

(313) 319-3305