

# HAVE DREAMS SUPPORTERS CLUB

## BUDDY BOOT CAMP – YOUR BUDDY CONTRACT

Excerpted from *The Power of Audience* by Tim Lloyd Wright

You'll find that it makes all the difference to have a buddy by your side when you're working on a goal you care about, or an important new habit.

Make it your code to support your buddy as best you can. The best support you can give is to stick with what you both agree.

It's a simple process. That doesn't mean it is easy. In fact, you'll find there is real challenge in this path.

But compared to things you wear, apps you download and even books you read, working with a buddy is really powerful. That's because we are social creatures, group operators. We have constructed our whole society on this basis, from school to workplace to marriage, births and deaths. We've all been short-changed by the notion that self-help relies on self-discipline. Support makes the difference.

But remember, take small daily steps and make long journeys together. Less is more was never more true. It's not about the sprint, it's about endurance. And that's where doing it together will pay off over and over again.

There are two copies here. One for you and one for your buddy. So you can just press print the once.

### Buddy Boot Camp – the basics

- Ask someone to be your buddy by putting it out there that you are looking for support with a goal or new habit you want to set. Get your buddy to [register for Buddy Boot Camp](#) to receive the Buddy Boot Camp guide, their buddy contract and further resources
- Discuss what you want to achieve. Discuss a daily agreement or habit and test it against the checklist in the Buddy Boot Camp
- Get started. Set a time to speak by phone, ideally 15 minutes before you usually wake up and be impeccable with time keeping
- Keep your calls to the point. What you must cover is 'how did you do yesterday' and be clear about whether your buddy kept their agreement.
- Talk about how you are both doing from time to time and if you need a boost, use one of the exercises in [the book](#).

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# BUDDY CONTRACT

This contract runs from \_\_\_\_\_ to \_\_\_\_\_ .

I (my name) \_\_\_\_\_ agree with (their name) \_\_\_\_\_

1. To be supportive

I will be great at keeping my agreements

I will bravely take steps towards my chosen goal

I will listen

2. To be respectful

I will make my daily calls on time

I will pick up my buddy's calls quickly

3. To be honest

Be honest and open about how I do my agreements and goals

My goal is to \_\_\_\_\_

\_\_\_\_\_

My buddy's goal is to \_\_\_\_\_

\_\_\_\_\_

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My agreement is to \_\_\_\_\_

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My buddy's agreement is to \_\_\_\_\_

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Notes: (It's okay to change your agreement or your goal by telling your buddy. Keep a printout of this page and make a note of such changes. Scribble it here.)

At completion: In working on this goal or life-enhancing habit, I learned \_\_\_\_\_

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**Learn more about getting and giving support, and setting goals and habits that work**

*The Power of Audience* is the ultimate guide to enrolling support and using the power of an audience to strap a rocket to your goals.



It draws on more than 20 years of experience of working in pairs and groups to apply the principles of mutual support.

Place an order today and boost your efforts to add life-enhancing habits to your daily routine, or why not reach new levels of success that were previously beyond your reach.

 **ORDER NOW**

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My goal is to \_\_\_\_\_

\_\_\_\_\_

My buddy's goal is to \_\_\_\_\_

\_\_\_\_\_

My agreement is to \_\_\_\_\_

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My buddy's agreement is to \_\_\_\_\_

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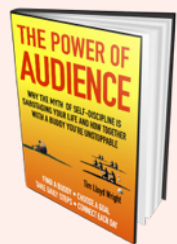
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