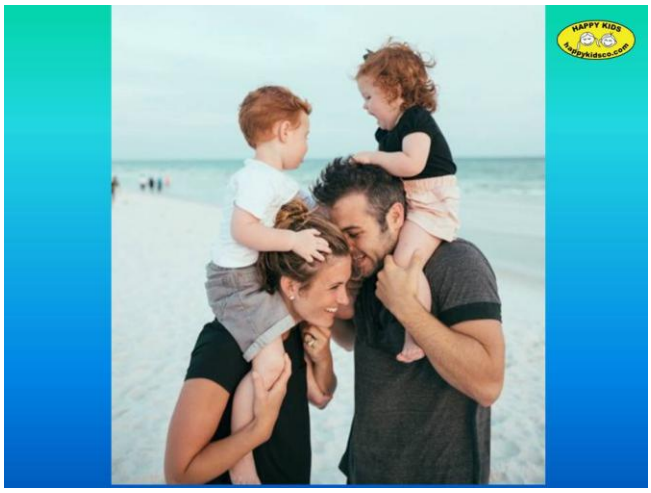
LESSON FIVE



Agreement NOT Sacrifice

Of all that I've discovered and created to create harmony with kids, the 1 Rule is the simplest and most powerful strategy I've come across so far. It's a clear, simple version of what I actually did to create harmony with kids, my kids, their friends, the kids I worked with.

The 1 Rule is not to make you agree, it is to help you, support you, as you find something that you all easily agree to. Too often the habit is to insist on what you want no matter what anyone else wants, or to give in to others, no matter what you want. **The 1 Rule changes this.**

When you become aware that there are differences between you, decide to use the 1 Rule to find a harmonious solution to your differences. You are not giving up on your personal desire, you are expanding it to include someone else, like your child.

The 1 Rule expands everyone's goal to include harmony and the satisfaction of all involved. When you use the 1 Rule, you are committed to finding a solution that everyone involved can agree to **because it is a solution that is satisfying to everyone.**

This is what you commit to when you use the 1 Rule:

Everyone involved happily agrees with the solution. That is the rule. I call it Happy Agreement.

Today just think about this. Neither you nor your kids are expected to **have** to agree to something you do not like, or that is disappointing.

You agree to something that you like, that pleases you.

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Once you are convinced that the 1 Rule is as strong as I know it to be, you know you can rely on it to get you back to harmony with the kids in your life.

The 1 Rule is so powerful, just using it can help you get to harmony.

Of course, you have to use it.

You can't just know about it and not use it.

However, I just became aware of something: knowing about it is like planting a seed. Just knowing about it is the seed that changes how things were. You now know that something exists that might help you create harmony with or between your kids. If it's used.

Most likely, eventually, you'll use it. Someday you'll have to give it a try.

If you take it as far as telling your kids about it, they are very likely to use it. At least that has been my experience with kids.

In fact, that might be a good strategy: tell your kids about the 1 Rule and how it works AND tell them you want to use it but might forget or not be able to…SO…you hope they'll help you out by remembering and actually putting it to use.

When you make the 1 Rule a common way to interact with your kids and help your kids use the 1 Rule to find their own solutions, you have done a lot toward making harmony the foundation of your family.

Questions

1. Think of a situation you would like to solve using the 1 Rule.
2. How would you like the situation to be solved?
3. Why is this solution agreeable to the people involved?
4. Write this down, if you want a Certificate.
5. What is another way you might like it to be solved?
6. Think of another way it might be solved.
7. Repeat this process with as many situations as you like, daily, if possible, to make it a habit.

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As you may have experienced by now, knowing and following the 1 Rule is all you really need to create harmony between you and your kids.