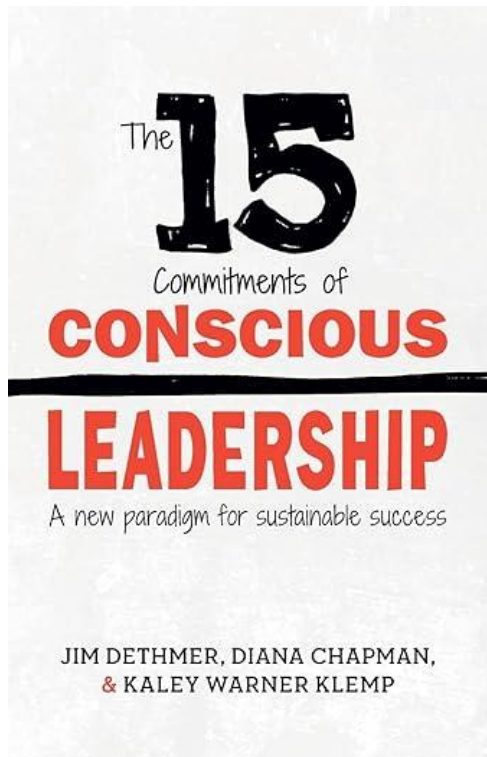




15 COMMITMENTS OF CONSCIOUS LIVING

Curated by Rev Jack Elliott for CSL Visalia

The 15 Commitments of Conscious Living
A 12-Week Living Reflection Journey
Beginning June 7, 2026 – Concluding August 30, 2026

Curated by Rev Jack Elliott for the Community of CSL Visalia

About the Book

The 15 Commitments of Conscious Living provides a practical framework for transforming reactive living into conscious, intentional living. Through fifteen commitments, leaders learn to move from blame, defensiveness, and fear toward curiosity, integrity, collaboration, and responsibility, creating healthier organizations, stronger relationships, and more spiritually aligned communities.

About the Authors

Jim Dethmer: Living coach, speaker, and co-founder of The Conscious Living Group.

Diana Chapman: Executive consultant and facilitator specializing in conscious living practices.

Kaley Warner Klemp: Author, executive coach, and living educator focused on collaborative living.

Purpose of This Study Guide

This 12-week journey invites participants to explore the 15 Commitments of Conscious Living as spiritual practices for effective living at CSL Visalia and beyond.

Week 1 | June 7–13, 2026

Introduction: Above the Line vs. Below the Line

What does Above the Line living mean to me?

In what situations do I most often fall Below the Line?

How might conscious living strengthen CSL Visalia?

Week 2 | June 14–20, 2026

Commitment 1: Radical Responsibility

Where do I still blame others or circumstances?

What would change if I took full responsibility?

How does responsibility deepen spiritual maturity?

Week 3 | June 21–27, 2026

Commitment 2: Learning Through Curiosity

When do I become committed to being right?

What might I discover through deeper curiosity?

How can curiosity improve Board relationships?

Week 4 | June 28–July 4, 2026

Commitment 3: Feeling All Feelings

What emotions do I most often avoid?

How does emotional avoidance affect living?

What does emotionally mature living look like?

Week 5 | July 5–11, 2026

Commitments 4 & 5: Candor and Eliminating Gossip

Where do I avoid difficult conversations?

How can candor strengthen trust?

What agreements around gossip would support healthy living?

Week 6 | July 12–18, 2026

Commitment 6: Integrity

What agreements in my life need attention or repair?

How does integrity create trust?

What does spiritual integrity mean to me?

Week 7 | July 19–25, 2026

Commitments 7 & 8: Appreciation and Zone of Genius

Where do I focus more on problems than possibilities?

What is my Zone of Genius?

How can appreciation shift Board culture?

Week 8 | July 26–August 1, 2026

Commitment 9: Play and Rest

Do I allow myself adequate rest?

How does burnout affect living?

What brings joy and renewal into my life?

Week 9 | August 2–8, 2026

Commitments 10 & 11: Exploring the Opposite and Sourcing Approval

What beliefs am I most attached to?

How often do I seek approval from others?

What would living look like if rooted in inner security?

Week 10 | August 9–15, 2026

**Commitments 12 & 13: Having Enough and Experiencing the World
as an Ally**

Where do I experience scarcity thinking?

How might challenges actually support my growth?

What would it mean to trust life more deeply?

Week 11 | August 16–22, 2026

Commitments 14 & 15: Win for All and Being the Resolution

How can I contribute to win-for-all solutions?

What would it mean to become the resolution?

How do conscious leaders shape community culture?

Week 12 | August 23–30, 2026

Final Integration Week

Which commitment most transformed me?

Which commitment remains most challenging?

How will I continue practicing conscious living?

Final Reflection

In what ways has this journey prepared me to lead with greater consciousness, compassion, courage, and spiritual maturity?
