

The Hidden Agreement:

Why We Stay Stuck In Old Habits and How To Break Free

An insightful framework for understanding—and
transforming—the patterns that keep you stuck.

Chain of Habits™ Workshops

www.chainofhabits.com



Why Do We Stay Stuck?

You know what you want to change. You've set the goal, made the plan, promised yourself this time would be different.

Then the old pattern shows up again.

Maybe it's a habit you can't break. Or watching someone you love struggle—where every attempt to help turns into a frustrating argument.

What if it's not about willpower?

What if that stubborn pattern isn't a character flaw but something else entirely—a Hidden Agreement?

Something like an invisible contract you might have made with yourself, often years ago, to stay safe or protect something precious.

And it could still be running in the background, quietly shaping what feels possible.

What if the challenge isn't discipline, but that you're working against an agreement you didn't know existed?

This workshop invites you to explore what that pattern might be protecting—so change can begin to feel less like a battle and more natural, compassionate, and possible.

Because real transformation often comes not from fighting harder, but from understanding what's been holding the pattern in place.

Discover a New Way to Change

Many approaches to change focus on pushing against yourself. The Chain of Habits™ offers a different path—a 6-link framework that invites you to look deeper and explore the why behind your habits. Rather than forcing change, you'll discover how to work with yourself to find a way forward that feels more sustainable.

In this experiential workshop, you'll have the opportunity to:

- **Explore Your Inner Conflict:** Make sense of what it feels like to be pulled between wanting to change and wanting to stay the same.
- **Meet Your "Internal Committee":** Notice the different parts of you that all want a say, and explore how they might work together.
- **Decode Your Hidden Agreements:** Try a simple, powerful exercise that can help reveal the positive intention behind a habit.
- **Open a New Conversation:** Experiment with approaching yourself—or a loved one—with curiosity instead of judgment, and see what becomes possible.



If This Sounds Familiar, You're in the Right Place:

Maybe you've tried willpower. You've tried discipline. You've told yourself to "just do it." And yet... here you are. Still wondering why it hasn't worked.

You know what you want to change. You have the desire. The intention. The plans. But something keeps pulling you back.

Perhaps you're ready for something deeper than discipline. Something kinder than criticism. Something that might finally help make sense of why change can feel so hard.

You're ready to stop fighting yourself—and start understanding yourself.

What If:

- The gap between knowing what you want and actually doing it isn't a character flaw. It's not laziness. It's not a lack of motivation.
- What if it's something like an invisible agreement—made long ago to keep you safe, loved, and secure?
- And what if, until you understand what that agreement might be protecting, change will continue to feel like a battle?

This workshop is perfect for:

The Personal Changer: Someone who is actively trying to change a personal habit related to health, career, productivity, or relationships. They have likely tried other methods without success and are feeling frustrated or stuck. They are looking for a new, more compassionate approach.

The Supporter: Someone who is concerned about a loved one's (partner, child, friend) habit. They feel helpless or find that their attempts to help often lead to conflict. They are looking for tools to better understand, communicate, and support their loved one without nagging or judgment.

"The curious paradox is that when I accept myself just as I am, then I can change."

— Carl Rogers

Your 2.5-Hour Journey from Stuck to Unstuck:

1. WELCOME & THE CORE NEED → Identify the one change calling you forward—and what it costs to stay where you are
2. THE DIVIDED MIND → Discover why ambivalence isn't weakness; it's wisdom waiting to be heard
3. THE ROADBLOCKS → Recognize the traps that sabotage change (so you can finally sidestep them)
4. A NEW PATH → Learn the compassionate framework that makes sustainable transformation possible
5. YOUR HIDDEN AGREEMENT → Uncover the invisible contract keeping your pattern in place—and what it's protecting



Your 2.5-Hour Journey from Stuck to Unstuck:

- 6 . INTEGRATION → Get your internal committee to agree on new terms that honor all parts of you
- 7 . YOUR PATH FORWARD → Create your personal micro-agreement and practice for deep transformation

2.5 Hours to Explore a New Possibility:

- Begin to identify what might be keeping you stuck
- Look for the wisdom that could be in your resistance
- Explore what a divided mind might feel like
- Begin to uncover a hidden agreement at play
- Experience a framework for compassionate change
- Begin creating an approach that might work with your life
- Leave with new clarity and self-compassion

What's Included

What You'll Receive and Experience:

1

Comprehensive Participant Guidebook

Your companion for transformation, beautifully designed reflection spaces, thought-provoking prompts, and exercises that guide you from stuck to unstuck with compassion and clarity.

2

The Hidden Agreement Discovery Workbook

Powerful guided exercises that help you uncover the invisible contracts keeping your habits in place—and reveal the surprising wisdom they've been protecting all along.

3

The Internal Votes Exercise

A revelatory framework for mapping both sides of your ambivalence, helping you see that your "resistance" isn't sabotage—it's a part of you fighting for something that matters.

What's Included

What You'll Receive and Experience:

4

Values Excavation Tools

Go beyond surface behaviors to discover the core values driving both your desire to change AND your desire to stay the same—the breakthrough that makes sustainable change possible.

5

The Cost-Benefit Matrix

See the full picture of your pattern from all angles. This honest, non-judgmental analysis reveals insights that willpower and "just try harder" approaches always miss.

6

The Micro-Agreement Builder

A step-by-step process for creating ridiculously small, sustainable actions linked to what you already do—because lasting change doesn't require perfection, just consistency.

What's Included

What You'll Receive and Experience:

7

The Internal Committee Integration Practice

Your daily 5-minute check-in guide for the week ahead, helping you recognize when old agreements get activated and respond with curiosity instead of criticism.

8

The "Good Enough" Planning Template

Design your full action AND your 10% backup plan so life's inevitable chaos doesn't derail your progress—because flexibility is strategy, not failure.

9

Partner Practice Guidelines

Learn exactly how to share your insights and hold space for others without fixing, advising, or "should-ing"—skills that deepen every relationship in your life.

Workshop Details

- **Date:** January 24th, 2026
- **Location:** James L. McIntyre Centennial Library
- **Address:** 50 East St., SSM
- **Duration:** 10:30 am - 12:30 pm. 2.hours (including one 15-minute break)
- **Format:** In-person, intimate group setting

Limited to 8 Participants.

Small groups ensure personalized attention and meaningful connection

RESERVE YOUR SPOT by sending your deposit to: simritgill@gmail.com before Friday, January 19th

COST:
\$99 plus HST

Meet Your Facilitator

Simrit Gill spent 20 years living with one persistent question: **"I know what I need to do. So why can't I just do it?"**

Through meditative inquiry, holistic nutrition, and behavior change research, she discovered what she believes is an answer—and it wasn't about willpower.

It was about 6 hidden links that seemed to influence all mental and physical habits.

As founder of Symbiu Systems, Simrit now shares this framework with individuals and health practitioners who want to explore how these hidden links might be shaping their lives—supporting the shift from self-sabotage to self-understanding, one compassionate conversation at a time.

Her hope? To contribute to society's biggest health challenges by helping people stop fighting themselves and start working with their inner wisdom.



Simrit Gill

Registered Nutritionist
Habit Transformation Coach

www.chainofhabits.com