

The Four Agreements

In these agreements, we tell ourselves who we are, how to behave, what is possible and what is impossible.

1. Be impeccable with your word

Speak with integrity, say only what you mean, avoid using words to speak against yourself or gossip about others. Use the power of your word in the direction of truth and love.

2. Don't take anything personal

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3. Don't make assumptions

Find the courage to ask questions and express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement you can really transform your life.

4. Always do your best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self judgement, self abuse and regret.

Don Miguel Ruiz