

# THE FOUR AGREEMENTS

BE IMPECCABLE WITH

## YOUR WORD

Speak with integrity. Say only what you mean. Avoid using words to speak against yourself or to gossip about others. Use the power of your word to offer love, never use it to cause fear or pain in another (or yourself)

DON'T TAKE ANYTHING

## PERSONALLY

Nothing others do is because of you. What others say and do is a result of their own dream or perception of their rules. We all make rules about how things should be, but when you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

DON'T MAKE

## ASSUMPTIONS

Find the quiet courage to ask questions and to 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 completely transform your life.

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-judgment, self-abuse, and regret.