

The Four Agreements

Agreement #1:

Be Impeccable With your Word

Your “Word” is the power that you have to co-create with God. Your metaphysical “Word” is made up of your thoughts, beliefs, words and actions. To be impeccable with your word is to think, speak and act in alignment with the intentions you have for your life. This is the creative input into God’s law of action. What you think and say will become your reality, so great care must be taken to use these faculties in positive ways.

When you think and speak negatively about yourself or others, you are misusing the Law of Creation and you will tend to promote negative outcomes.

Being impeccable means taking care to think, speak and act in ways that promote what you wish to see in your life and in the world.

Agreement #2:

Don’t Take Anything Personally

Don’t take what other people say or do personally. It is a reflection of them, of their thoughts—not yours. When you take the opinions of others personally, you are giving weight to their negativity.

It’s better to let other people’s poor opinions and attitudes just go by without taking them personally. Others’ opinions have no power over you, and when you give them power, it diminishes you.

You can stand in integrity with your own self-truths and the impeccability of your personal Word.

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Agreement #3:

Don't Make Assumptions

Assumptions are expectations based on beliefs, rather than on facts. They are likely to cause pain or anger, because people often think differently than you do. You make an assumption, you misunderstand what's happening, you may take it personally, and then there's a whole big drama for nothing.

Instead of making assumptions, ask for clarification. Then your understanding will be based on direct feedback from the people involved. You'll have a better idea what to expect from others when you ask them.

Agreement #4:

Always Do Your Best

Under the present circumstances, always do your best, no more and no less. When you're tired or busy, your best may be of a different quality than when you're well-rested and have plenty of time.

There's no point in trying to do more than your best in the given circumstance (that would be perfectionism and ultimately not productive).

There's no point in doing less than your best in the given circumstance (that would be slacking-off and a devaluation of your efforts).



These notes are excerpted from Don Miguel Ruiz' book *The Four Agreements*.