

The Four Agreements by Don Miguel Ruiz

1. **Be impeccable with your word.** Speak with integrity. Say only what you mean. Avoid using the Word to speak against yourself or gossip about others.

2. **Don't take anything personally.** 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 completely transform your life.

4. **Always do your best.** Your best is going to change from moment to moment. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse and regret.

Then there is a Fifth Agreement: **Be skeptical, but learn to listen.** A simple concept, that along with the other Four Agreements can make a positive difference in your life.