

The Four Agreements



1

BE IMPECCABLE WITH YOUR WORD

- Speak with integrity.
- Only say what you mean.
- Be careful of the Word to speak, because your word is the gateway to your reality.
- Use the power of your Word for the creation of truth and love.

2

DON'T TAKE ANYTHING PERSONALLY

- Nothing others do is because of you.
- When others say and do a profession of love with honesty, their own drama is theirs.
- When they are hostile to the system, it is a function of drama, you won't be the victim of personal suffering.

3

DON'T MAKE ASSUMPTIONS

- Find the 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 one agreement, you can completely 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-judgment, self-abuse, and regret.