

THE FOUR AGREEMENTS

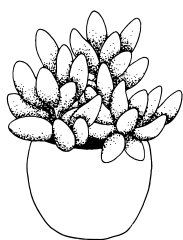
by Don Miguel Ruiz

Toltec Wisdom



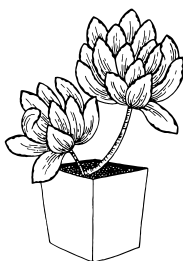
Be Impeccable With Your Word

Speak with integrity. Say only what you mean. Avoid using words to speak against yourself or gossip about others. Use the power of your words in truth and love.



Don't Take Anything Personally

Nothing others do is because of you. What others say and do is a projection of their reality. Do not let the opinions and actions of others hurt you deeply.



Don't Make Assumptions

Find the courage to ask questions and express what you really want. Communicate with others clearly so you can avoid misunderstandings, sadness, and drama.



Always Do Your Best

Your best is going to change from moment to moment; it will be different when you are tired or sick as opposed to when you are healthy. Simply do your best in any circumstance and you will avoid self-judgement and regret.