

**The Four Agreements:
A Practical Guide to Personal Freedom**
by Don Miguel Ruiz
(Amber-Allen Publishing Inc.)

1. Be Impeccable with Your Word

“The word is not just a sound or a written symbol. The word is a force; it is the power you have to express and communicate, to think, and thereby to create the events in your life.” (p26)

“Being impeccable with your word is the correct use of your energy; it means to use your energy in the direction of truth and love for yourself. If you make an agreement with yourself to be impeccable with your word, just with that intention, the truth will manifest through you and clean all the emotional poison that exists within you.”
(p32-33)

2. Don't Take Anything Personally

“Whatever you think, whatever you feel, I know it is your problem and not my problem. It is the way you see the world. It is nothing personal, because you are dealing with yourself, not with me. Other are going to have their own opinion according to their belief system, so nothing they think about me is really about me, it is about them.” (p51)

3. Don't Make Assumptions

“The way to keep yourself from making assumptions is to ask questions. Make sure the communication is clear. If you don't understand, ask. Have the courage to ask questions until you are clear as you can be, and even then do not assume you know all there is to know about a given situation. Once you hear the answer, you will not have to make assumptions because you will know the truth.” (p72)

4. Always Do Your Best

“By doing your best, the habits of misusing your word, taking things personally and making assumptions will become weaker and less frequent with time. You don't need to judge yourself, feel guilty, or punish yourself if you cannot keep these agreements. If you are doing your best, you will feel good about yourself even if you still make assumptions, still take things personally and are still not impeccable with your word.”
(p79-80)