

The Four Agreements, Toltec Wisdom



The Four Agreements: A Practical Guide to Personal Freedom by Miguel Ruiz

1. Be impeccable with your word.

When we're impeccable, we don't use our word against ourselves indulging in guilt or shame. We also don't use our word against others in blaming, criticizing or gossiping. We also honor our commitments and only make commitments we intend to follow through on.

2. Don't take anything personally.

We are totally independent of the good or bad opinion of others. Nothing other people do is because of you. It is because of themselves.

3. Don't make assumptions.

We have the tendency to make assumptions about everything. The problem with making assumptions is that we believe they are the truth. We could swear they are real. We make assumptions about what others are doing or thinking—we take it personally—then we blame them and react by sending emotional poison with our word. That is why when we make assumptions, we're asking for problems. We make an assumption, we misunderstand, we take it personally, and we end up creating a whole big drama for nothing. What a waste of energy!

4. Always do your best.

There is just one more agreement, but it's the one that allows the other three to become deeply ingrained habits. The fourth agreement is about the action of the first three: Always do your best. Under any circumstance, always do your best, no more and no less. But keep in mind that your best is never going to be the same from one moment to the next. Everything is alive and changing all the time, so your best will sometimes be high quality, and other times it will not be as good.