

# The 4 Agreements

from Don Miguel Ruiz's book

[www.AnitaAshland.com](http://www.AnitaAshland.com)

1



## Be impeccable with your word.

"Speak with integrity. Say only what you mean.

Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.."

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

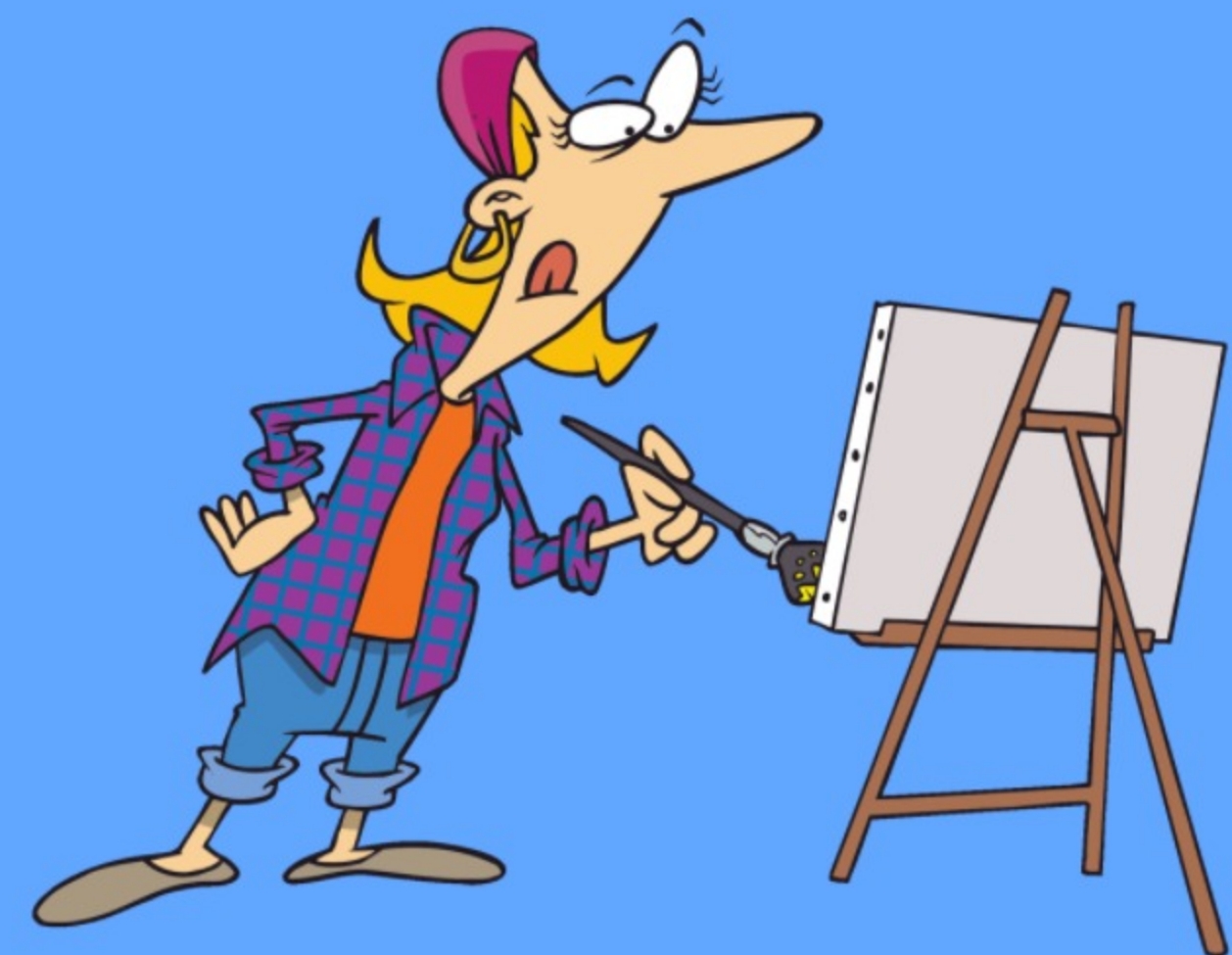


## Don't make assumptions.

"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."

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..."