



Donia Fahim

Education & Therapeutic Spaces Ltd.

## **THE FOUR AGREEMENTS**

WRITTEN BY DON MIGUEL RUIZ

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



# THE FOUR AGREEMENTS

by Don Miguel Ruiz

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## BE IMPECCABLE WITH YOUR WORD

- A. Speak with integrity.
- B. Say only what you mean.
- C. Avoid using the word to speak against yourself or to gossip about others.
- D. Use the power of your word in the direction of truth and love.

2

## DON'T TAKE ANYTHING PERSONALLY

- A. Nothing others do is because of you.
- B. What others say and do is a projection of their own reality, their own dream.
- C. 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

- A. Find the courage to ask questions and to express what you really want.
- B. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
- C. With just this one agreement, you can completely transform your life.

4

## ALWAYS DO YOUR BEST

- A. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick.
- B. Under any circumstance, simply do your best, and you will avoid self-judgement, self-abuse and regret.