

THE FOUR AGREEMENTS

A. Be Impeccable with Your Word

1. The Power of Language
 - a. Speak with Integrity
 - b. Say Only What You Mean
2. Using the Word for yourself, not against yourself
3. Misusing the word
 - a. Lying
 - b. Abusing others
 - c. Gossip
 - d. Self-talk

B. Don't Take Anything Personally

1. It's not all about me.
 - a. Nothing others do is because of you.
 - b. What others say and do is a projection of their own reality.
2. Opinions of others
 - a. You can be immune to the opinions and actions of others.
 - b. You need not be the victim of needless suffering.
3. Personal Power
 - a. No person, place, or condition can take your personal power
 - b. Unless you give it away.
4. Choose freedom from suffering

C. Don't Make Assumptions

1. Appearance of truth

2. Danger and pain in assuming
3. Safety in Communication
 - a. Find the courage to ask questions.
 - b. Find the courage to express what you really want.
 - c. Communicate with others as clearly as you can.
 - d. Avoid misunderstandings, sadness, drama.
4. Choose freedom from guessing.

D. Always Do Your Best

1. Your "best" changes
2. Take action.
3. Take risks.
4. Control your own life.
5. Choose freedom from self-punishment