

The Four Agreements

We each make agreements with ourselves. Our experiences with the world lead to the development of beliefs about what is true. We form an image of perfection to please ourselves and others. But we are never perfect from this point of view, and this leads to a rejection of the self. We also judge others according to our image of perfection, and they will never measure up to our ideal. By looking at the agreements of beliefs we have and developing new ones we can start to operate with a sense of peace in our lives.

Consider adopting the following agreements:

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.

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.

DON'T MAKE ASSUMPTIONS

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

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.