

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.

THE FOUR AGREEMENTS

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.

DON'T MAKE ASSUMPTIONS

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.

ALWAYS DO YOUR BEST