



### 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