

THE FOUR AGREEMENTS

(By Don Miguel Ruiz)

BE IMPECCABLE WITH YOUR WORD

Tell the truth, and insist that others tell you the truth, even when it's painful. Be aware of how the words you use affect other people.

DON'T TAKE ANYTHING PERSONALLY

What someone else thinks and feels is about them, not about me.

DON'T MAKE ASSUMPTIONS

You don't know what's going on in someone else's head, so if you want to know, ask.

ALWAYS DO YOUR BEST

Keep your commitments and, if you find that you need to change a commitment, let those to whom it was made know at the earliest opportunity, and tell them what they can count on.