

## **The Five Agreements by Don Miguel Ruiz**

Everything we do is based on agreements we have made – agreements with ourselves, with other people, and with “life”. But the most important agreements are the ones we make with **ourselves**.

### **The Five Agreements:**

1. **BE IMPECCABLE WITH YOUR WORD.** Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip with others. Use the power of your word in the direction of truth and love.
2. **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.
3. **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.
4. **ALWAYS DO YOUR BEST.** Your best is going to change from moment to moment; it will be different when you are tired as opposed to well-rested. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.
5. **BE SKEPTICAL BUT LEARN TO LISTEN.** Don't believe yourself or anybody else. Use the power to doubt, to question everything you hear. Is it really the truth? Listen to the intent behind the words and you will understand the real message.