The Four Agreements: A Guide to Personal Freedom - Revisited

Presented by Andrew Sanderbeck
Agreement #1: Be Impeccable With Your Word

Agreement #2: Don’t Take Anything Personally

Agreement #3: Don’t Make Assumptions

Agreement #4: Always Do Your Best
Death is not the biggest fear we have; our biggest fear is taking the risk to be alive -- the risk to be alive and express what we really are.

Don Miguel Ruiz
The Domestication of Humans

“Children are domesticated the same way that we domesticate a dog, a cat, or any other animal. In order to teach a dog we punish the dog and we give it rewards. We train our children whom we love so much the same way that we train any domesticated animal: with a system of punishment and reward.

We are told, ‘You’re a good boy,’ or ‘You’re a good girl,’ when we do what Mom and Dad want us to do. When we don’t, we are a ‘bad girl’ or a ‘bad boy.’”
In *Thus Spoke Zarathustra*, Nietzsche tells us that: "Society tames the wolf into a dog. And man is the most domesticated animal of all."

And, Carlos Castaneda, another great teacher who introduces us to the ancient Toltec wisdom (in *The Wheel of Time*), tells us that the purpose of the warrior (the ideal person in the Toltec tradition) is to transcend social conditioning as we discover our personal power and learn to live with clear intent and impeccability.
“You need a very strong will in order to adopt the Four Agreements—but if you can begin to live your life with these agreements, the transformation in your life will be amazing. You will see the drama of hell disappear right before your very eyes. Instead of living in a dream of hell, you will be creating a new dream—your personal dream of heaven.” – Don Miguel Ruiz
Agreement #1: Be Impeccable With Your Word
1st Agreement: Be Impeccable With Your Word

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 Miguel Ruiz
Be Impeccable With Your Word

“The first agreement is the most important one and also the most difficult one to honor. It is so important that with just this first agreement you will be able to transcend to the level of existence I call heaven on earth.

The first agreement is to be impeccable with your word. It sounds very simple, but it is very, very powerful.”
Be Impeccable With Your Word

“Impeccability means ‘without sin.’ Impeccable comes from the Latin pecatus, which means ‘sin.’ According to Ruiz, a sin is anything that you do which goes against yourself.

Everything you feel or believe or say that goes against yourself is a sin. You go against yourself when you judge or blame yourself for anything. Being without sin is exactly the opposite.

Being impeccable is not going against yourself. When you are impeccable, you take responsibility for your actions, but you do not judge or blame yourself.”
Being Impeccable with Your Word as it Relates to Commitments

When you say you’re going to do something, do you *really* intend to follow through and then DO you?

Or, do you kind of say “Yes” to every request because you think you need to?

We’ve all said “Yes” too often when a polite “No” would’ve been more appropriate. Practice honoring your word and the commitments you make.
Be Impeccable With Your Word

Words have power!

Your word is the power that you have to create; it is a gift that comes directly from God.
Agreement #2: Don’t Take Anything Personally
“Nothing other people do is because of you. It is because of themselves.” - Don Miguel Ruiz

WHEN YOU'RE 20,
YOU CARE ABOUT WHAT EVERYONE THINKS
WHEN YOU'RE 40,
YOU STOP CARING ABOUT WHAT EVERYONE THINKS
WHEN YOU'RE 60,
YOU REALIZE NO ONE WAS EVER THINKING
ABOUT YOU IN THE FIRST PLACE.

-Winston Churchill
Don’t Take Anything Personally

I DON'T TAKE WHAT OTHERS DO OR SAY PERSONALLY.
I DON'T LET THE WORDS OF OTHERS POISON MY GRIT OR MY BELIEF IN MYSELF.
I TAKE CONTROL OF MY DESTINY.

@Mentally_Strong
2nd Agreement: Don’t Take Anything Personally

“When you make it a strong habit not to take anything personally, you avoid many upsets in your life. Your anger, jealousy, and envy will disappear, and even your sadness will simply disappear if you don’t take things personally.”

~ Don Miguel Ruiz
Deepak Chopra in *The Spontaneous Fulfillment of Desire* has a mantra worth remembering and repeating:

I’m totally independent of the good or bad opinion of others. I’m totally independent of the good or bad opinion of others. I’m totally independent of the good or bad opinion of others. I’m totally independent of the good or bad opinion of others. I’m totally independent of the good or bad opinion of others.
Agreement #3: Don’t Make Assumptions
"We have the tendency to make assumptions about everything. The problem with making assumptions is that we believe they are the truth. We could swear they are real. When we make assumptions about what others are doing or thinking—we take it personally—then we blame them and react by sending emotional poison with our word.

That is why when we make assumptions, we’re asking for problems. We make an assumption, we misunderstand, we take it personally, and we end up creating a whole big drama for nothing.” - Don Miguel Ruiz
Don’t Make Assumptions

“It’s better to ask questions than make assumptions. The way to keep yourself from making assumptions is to ask questions. Make sure the communication is clear. If you don’t understand, ask. Have the courage to ask questions until you are as clear as you can be.” — Don Miguel Ruiz
Don’t Make Assumptions

“Making Assumptions in our relationships is really asking for problems” - Don Miguel Ruiz
Don’t Make Assumptions

“We also make assumptions about ourselves, and this creates a lot of inner conflict” - Don Miguel Ruiz
Agreement #4: Always Do Your Best
Always Do Your Best

“There is just one more agreement, but it’s the one that allows the other three to become deeply ingrained habits. The fourth agreement is about the action of the first three: Always do your best.”

Ruiz continues: “Under any circumstance, always do your best, no more and no less. But keep in mind that your best is never going to be the same from one moment to the next. Everything is alive and changing all the time, so your best will sometimes be high quality, and other times it will not be as good.”
Always Do Your Best

Meditation

![Balance of Work and Life](image)
Always do your best. Whether there are awards or not, you'll be proud you made the effort.

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Always Do Your Best

“If you take action because you have to, then there is no way that you are going to do your best. Then, it is better not to do it. No, you do your best because doing your best all the time makes you happy.” – Don Miguel Ruiz
What’s One Thing You Can Do To Create New Agreements in Your Life?

Start by doing 1 push up.  
Start by drinking 1 cup of water.  
Start by paying toward 1 debt. Start by reading 1 page. Start by making 1 sale. Start by deleting 1 old contact. Start by walking 1 lap. Start by attending 1 event. Start by writing 1 paragraph. Start today. Repeat tomorrow.
Thanks for Attending!!

Thank You

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