

The Four Agreements: A Practical Guide to Personal Freedom is a self-help book by Don Miguel Ruiz. It emphasizes personal understanding and happiness based on ancient Toltec philosophy. Let's investigate the major points of this exceptional book.

### **#1 Agreement 1: Be Impeccable With Your Word**

This first agreement describes the need to take responsibility for your own actions and to focus on speaking with integrity and choosing your words carefully. It emphasizes a more old-school look at the word "impeccable", which means "without sin". In other words, what you say and do should not go against yourself and should always be done with personal integrity.

### **#2 Agreement 2: Don't Take Anything Personally**

This agreement emphasizes the need to have a strong sense of your own self rather than relying on the opinions of others. The latter frame of mind opens you up to significant disappointment and hurt, particularly as it is impossible to please everybody, and personal disagreements are inevitable. Once you stop taking things personally, Ruiz believes that negative feelings will also lessen or dissipate.

### **#3 Agreement 3: Don't Make Assumptions**

Ruiz highlights the importance of stopping yourself from assuming what others are thinking. Instead, asking questions and working to ensure that communication between yourself and another individual is clear are much better pathways for forging relationships. Making assumptions reveals internal biases and can easily create interpersonal conflict.

### **#4 Agreement 4: Always Do Your Best**

This agreement focuses on uniting the previous three and emphasizes the idea that doing your best means that you will not negatively judge yourself even if you fail. Ruiz claims that doing one's best is the greatest antidote to regret and will often lead to success even in the face of great diversity.

### **#5 Young Domestication**

Ruiz claims that we're all "domesticated" from a young age. This doesn't mean the same thing as with animals but instead refers to the set of social rules that we live by which are not chosen by ourselves. While some of these rules can be useful (particularly for social integration), many of them are harmful and are not useful.

### **#6 You're "Asleep"**

Because you've been "domesticated", your actual potential is extremely limited, and your actions are somewhat affected by the illusions which surround you throughout your life. This can severely alter the correct path your life should take and can create significant interpersonal and intrapersonal fatigue, pain, sadness, and regret.

### **#7 You Can Wake Up**

Despite this setback, it is possible to "wake up" from being asleep. To do this, you need to first become aware of the sleep which has overtaken you. Then you must forgive the

consequences of yourself and others while in the “asleep” state. Finally, you must take action to dissolve your dreams and make new ones now that you are aware of the actual shape of reality.

### **#8 Others’ Actions Reflect on Them, Not You**

Whenever someone does something harmful or negative to yourself or themselves, you must obtain your own sense of self and recognize that those actions do not reflect upon yourself. Instead, they reflect upon the action-taker. This will prevent you from taking on too much regret or embroiling yourself in the negative emotions of others.

### **#9 Notice Bad Beliefs**

One of the chief ways in which Ruiz suggests you can break free of your old patterns of living is to recognize the negative or harmful beliefs that you hold and which affect your actions. Many of these negative beliefs will be based on fear (either conscious or subconscious). But they all must go, as they prevent you from leading a full life at its maximum potential.

### **#10 Learn to Forgive**

Forgiveness is important to let go of negative feelings in your life. This applies to both the actions of others and the negative actions that you take, as well. Forgiveness allows you to move on from the bad actions or events of the day and progress to the next positive energy your day has in store. This will eventually lead to a happier state of mind in general and prevent you from ruminating on mistakes.

### **#11 Each Day May Be Your Last**

This morbid thought is actually very freeing. Since every day may be the last, you must make the most of the present and identify how you want to live. There is nothing to be lost once you understand that time is truly fleeting and worrying about the future to the detriment of the present is no way to proceed through life.

### **#12 Limited Daily Personal Power**

Ruiz asserts that we each wake up at the beginning of a day with a certain amount of personal power to spend on relationships, activities, or dreams. This energy is completely dissipated at the end of the day and replenished overnight. However, many prior agreements (the “asleep” agreements) take up a majority of this energy and prevents us from living fulfilling lives.

### **#13 Use Your Daily Energy Wisely**

Related to the above takeaway, the main thought is that your daily energy should be spent wisely on the things that matter most to you, whether they be business or relationship-oriented. When you only have a limited amount of time and energy each day, every action you take becomes precious and strategic.

### **#14 Master the Traits of the Warrior**

You should focus on the traits that warriors possess and that you should seek to emulate: Awareness, Discipline, Control, and finally Becoming a Warrior. These traits

will allow you to know and proceed to your goals, be aware of your fears, be in control of your emotions, and finally harness your emotions for the greater good.

### **#15 Forgiveness Gives Strength**

Forgiving is so powerful because it frees up the personal energy described earlier, whether it's bestowed upon yourself or another person. Forgiving stops you from wasting personal energy on thinking about bad things in the past; you can then use this newly liberated energy for your efforts in the future.

## **Top 10 Quotes from The Four Agreements**

1. "I will no longer allow anyone to manipulate my mind and control my life in the name of love."
2. "Every human is an artist. The dream of your life is to make beautiful art."
3. "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."
4. "There is a huge amount of freedom that comes to you when you take nothing personally."
5. "You can have many great ideas in your head, but what makes the difference is the action. Without action upon an idea, there will be no manifestation, no results, and no reward."
6. "It is when we lose control that we repress the emotions, not when we are in control."
7. "Also, go inside and listen to your body, because your body will never lie to you. Your mind will play tricks, but the way you feel in your heart, in your guts, is the truth."
8. "True justice is paying only once for each mistake. True injustice is paying more than once for each mistake."
9. "The big difference between a warrior and a victim is that the victim represses and the warrior refrains."
10. "Whenever we hear an opinion and believe it, we make an agreement, and it becomes part of our belief system."