

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 about 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 healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret."

- Don Miguel Ruiz in [The Four Agreements](#)

The Fifth Agreement – BE SKEPTICAL, BUT LEARN TO LISTEN

Don't believe yourself or anybody else unconditionally. Use the power of 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.

***"By practicing the Five Agreements, what you are really doing is respecting everything in creation. You are respecting your dream; you are respecting everybody else's dream. If you use these tools, your effort is really for everyone, because your joy, your happiness, your peace, and your heaven are contagious. When you are happy, the people around you are happy too, and it inspires them to change their own world."* – Don Miguel Ruiz**