

The Four Agreements by Don Miguel Ruiz read In June 2017 on holiday in Spain

1 be impeccable with your word.

Speak with integrity and only say what you mean. Avoid using the word to speak against yourself or gossip about others. Use the power of word in the direction of truth and love

2 don't take anything personally.

Nothing others do is because of me. What others say and do is a reflection of their reality their dream

3 don't make assumptions.

Find the courage to ask questions and express what you really want.
Communicate with others as clearly as you can to avoid misunderstandings

4 Always do your best.

Your best is going to change from moment to moment. Under any moment simply do your best