

THE FOUR AGREEMENTS

BY DON MIGUEL RUIZ

Workshop Framework:
Excerpt from Kate's Book



Dr. KATE



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1. BE IMPECCABLE WITH YOUR WORD

This means being true, honest, and centered with yourself. You don't say "Yes" when you mean "No." You use your boundaries and speak your truth the best you can. It also means you don't use words to go against yourself or others, as in gossiping and judging. Be aware that words have energy and power. Purposely align your words with your consciousness and love.

3. DON'T MAKE ASSUMPTIONS

Ask questions and clarify before you respond in situations. Be present and get out of your head. Avoid the drama that happens when we make assumptions and decisions without having all of the information. Have respect for yourself and others to communicate as clearly and as honestly as you can.

2. DON'T TAKE THINGS PERSONALLY

Recognize that people unknowingly project onto each other from our own inner stories and struggles. What people do or say isn't about you. It is about themselves and their lives. Stop hurting yourself. Use your mental boundaries to stop getting caught up in people's stories. Choose to focus on yourself, your thinking, and your behavior instead.

4. ALWAYS DO YOUR BEST

This means showing up everyday to do the best you can with your level of health, energy, and consciousness on that day. Don't feel sorry for yourself or give yourself room to play a victim. Keep growing and learning. As we evolve, we live with more awareness, capacity, and alignment with our True Self.