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10 Powerful Lessons From The Book "The Four Agreements" by Don Miguel Ruiz

The Four Agreements offer a powerful code of conduct that will rapidly transform your life into a new experience of freedom, true happiness, and love. As children, social norms from parents and culture are embedded into us through punishment and reward.

But our true nature is to love, explore, be happy, and live an authentic life. Break free of the false beliefs passed down to you through:

- Awareness
- Forgiveness
- Action

Everyone's belief system is different, which is why we should not judge each other.

- 1. The first agreement is to be impeccable with your word.**
 - a. Say only what you mean.
- 2. The second agreement, don't take anything personally.**
 - a. Value your opinion of yourself more than the opinion of others.
- 3. The third agreement, don't make assumptions.**
- 4. The fourth agreement, always do your best.**
 - a. Some days it's easier to get out of bed than others.
 - b. Do your best even on the days when you don't feel like it.

The 4 agreements will help you recover the authentic self you lost because of the beliefs forced on you in childhood.

Start adopting the 4 agreements today and you'll soon see small positive changes in your daily life.