

The Four Agreements – Don Miguel Ruiz (A1 Level)

ULTIMATE READING

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The Four Agreements **is** a book that helps people live a happy and free life. It **is** simple, but very powerful. The book **is** about four important rules that we can follow every day. These agreements **are** good ideas to make your life better and your heart calm.

When you follow them, you **are** stronger, kinder, and more peaceful. The author, Don Miguel Ruiz, says that life **is** full of choices, and our words and actions **are** very important.

First Agreement: Be Impeccable with Your Word

This means: Speak with truth and kindness.

Your word **is** powerful. Use it in a good way. Don't lie. Don't say bad things about yourself or others.

"Your word is the power you have to create."

Second Agreement: Don't Take Anything Personally

This means: What people say or do **is not** about you.

If someone **is** angry or rude, it **is** because of them, not you. Don't feel sad or hurt. You **are** strong and you know who you **are**.

"Nothing others do is because of you."

Third Agreement: Don't Make Assumptions

This means: Ask questions. Don't guess.

When you **are** not sure, ask. Clear words **are** better than confusion.

"Find the courage to ask questions and express what you really want."

Fourth Agreement: Always Do Your Best

This means: Do your best every day.

Your best **is not** the same every day, and that **is** okay. What matters **is** to try. If you do your best, you **are** going to feel proud and happy.

"Your best is enough. Always."

Final Ideas

These four agreements **are** simple but life-changing. They help you live with more love and less fear:

1. Speak kind and honest words.
2. Don't feel hurt by others.
3. Don't guess—ask.
4. Try your best, always.

When you follow these ideas, your life **is** easier, happier, and more beautiful. You **are** free, you **are** strong, and you **are** yourself.

"Be free. Be happy. Be you."