

The Four Agreements – Don Miguel Ruiz (A1 Level)



The Four Agreements is a book that helps people live a better life. It is simple, but very powerful. The book gives us four important rules to follow every day. These rules can make us happier and more free.

First Agreement: Be Impeccable with Your Word This

means: Speak with truth and kindness.

Use your words in a good way. Do not lie. Do not say bad things about yourself or others. Words are powerful. They can help or hurt. *"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 about them, not you. Don't feel sad or hurt because of other people's words. 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. Don't make stories in your head. This can cause problems and pain. Clear words bring peace.

"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's okay. Just try your best. If you follow the other agreements and do your best, you will feel proud and happy.

"Your best is enough. Always."

Final Ideas

These four agreements can 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, life becomes easier and more beautiful. You feel strong, free, and peaceful.

"Be free. Be happy. Be you."