

The Four Agreements

by Don Miguel Ruiz

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Practice impeccable speech for one day**

Ruiz: for one full day, catch every time you speak about yourself critically or about others unkindly. Watch what happens inside you when you stop.

MON TUE WED THU FRI SAT SUN

⁰² **Don't take one thing personally this week**

Ruiz: identify one thing that has bothered you recently. Ask: does this have more to do with them than with me? Let the answer sink in.

MON TUE WED THU FRI SAT SUN

⁰³ **Make one assumption explicit and ask about it**

Ruiz: what assumption are you currently holding that you've never actually confirmed? Ask directly. The asking is always less frightening than the imagined.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Do your best - including when 'your best' is just showing up**

Ruiz: on your worst days, when you can't do more than exist: existing is enough. Give yourself permission to not be extraordinary today.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Notice the dream**

Ruiz: several times today, pause and ask: am I living in the present, or in the story I've been telling myself? The noticing is the beginning of awakening.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Share the agreements with one person**

Ruiz: these principles are most powerful when practiced in community. Share what resonated with one person. See what unfolds.