

REAL LIFE SOLUTIONS

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Living By The **Four Agreements**

What are the rules you live by? At home, at work and other places?

Everything we do is based on agreements we've made - with ourselves, other people, life. The most important agreements are ones we make with ourselves. In these agreements, we tell ourselves who we are, how to behave, what's possible, and what's impossible.

There are four simple, yet powerful agreements we can adopt as guiding principles for life. Don Miguel Ruiz' Four Agreements® offers a powerful code of conduct to transform our lives to new experiences of true satisfaction.

Be Impeccable With Your Word

Speak with integrity. Say only what you mean. Avoid using the Word to speak against yourself or to gossip about others. Use the power of your Word in the direction of truth and love.

This agreement sounds very simple but is very powerful. The word is how you express, communicate, think, and create events in your life. Like a sword with two edges, your word can create a beautiful dream or can harm people and things around you,



depending on how it's used. Consider how you use your word. Think of it as a "contract" with yourself and others - an agreement between the message you send and the action you take.

Don't Take Anything Personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Whatever happens around you, don't take it personally. It's easier said than done. We take things personally because we agree with whatever was said. When we take things personally, we feel offended and we defend our beliefs and conflicts result. Whatever you feel and do is a projection of your own agreements. Stop, pause, and reflect before you respond. Choose to act, rather than react. What you say, do and your opinions are according to your agreements.

Don't Make Assumptions

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

We have the tendency to make assumptions and believe they're the truth. We make assumptions about what others are doing or thinking, take it personally and react negatively. We make assumptions that

everyone sees life the way we do, thinks the way we think, feels the way we feel. It's better to ask questions than make assumptions because assumptions set us up for misunderstandings. Tap into your communication skills and be an active listener for clarification.

Always Do Your Best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse, and regret.

As you build the four agreements, your best will become better than it used to be. You will be productive and good to yourself because you'll be giving yourself to your family, community and workplace. When you do your best, you take action because you love it, not because you're expecting rewards. If you do your best, you become a master of transformation. Remember, your best will look different on different days.

The Four Agreements provide us with a tremendous opportunity to learn, improve and become better individuals with a blueprint to improve our life skills and deepen our life satisfaction.

Excerpted from Life Lessons 2009

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