

Mental Bench Press
2.10.10
Personal Agreements



Everything we do is based on agreements we have made. In these agreements we tell ourselves who we are, what everyone else is, how to act, what is possible, and what is impossible. What we have agreed to believe creates what we experience. When these agreements come from fear, blocks and obstacles develop keeping us from realizing our greatest potential.

Based on ancient Toltec wisdom, the Four Agreements offer a powerful code of conduct that can rapidly transform our lives and our work into a new experience of effectiveness, balance and self supporting behavior.

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.

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.

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.

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.

by [Don Miguel Ruiz](#)

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Strengthen your mind and you'll have a powerfully fulfilling life.