

## **The Four Agreements**

The Four Agreements is a book by Don Miguel Ruiz who is a Shaman from Mexico in the Toltec Tradition. The four agreements can serve as a guidepost for you as you navigate your busy life:

- 1. Be impeccable with your word**
- 2. Don't take anything personally**
- 3. Don't make assumptions**
- 4. Always do your best**