

The Four Agreements — Cheat Sheet

Freedom, Integrity, and Personal Mastery

Core Idea

Your beliefs shape your reality. By adopting four simple agreements with yourself, you free yourself from self-limiting beliefs, unnecessary conflict, and wasted energy.

The Four Agreements

1. Be Impeccable With Your Word

- Speak with integrity.
- Say only what you mean.
- Avoid gossip, criticism, or self-deprecation.
- Words create reality—use them wisely.

2. Don't Take Anything Personally

- What others say/do reflects them, not you.
- Avoid emotional reactions to criticism or praise.
- Protect your energy; focus on what you control.

3. Don't Make Assumptions

- Ask questions, clarify, and communicate.
- Avoid jumping to conclusions.
- Misunderstandings create unnecessary conflict.

4. Always Do Your Best

- Your “best” varies with circumstances; give full effort anyway.
 - Avoid self-judgment or regret.
 - Consistency creates results and builds self-respect.
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Quick Filters for Daily Decisions

Before acting or responding, ask:

- Is this statement or action **true and constructive**?
 - Am I reacting from emotion or reason?
 - Am I assuming something without clarity?
 - Am I giving my best effort right now?
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Entrepreneur / Sales Leader Angle

- **Client & team interactions:** Speak clearly, avoid assumptions, don't take criticism personally.
 - **Leadership:** Model integrity and effort; influence through example.
 - **Focus:** Protect your energy and attention for high-value activities.
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Key Takeaway

Freedom, influence, and success come from integrity, clear communication, emotional resilience, and consistent effort.