

# The Four Agreements — Cheat Sheet

*Freedom, Integrity, and Personal Mastery*

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## 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.

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## 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.