

The Four Agreements – Week 5

Chapter 5: The Fourth Agreement - Always Do Your Best

In Chapter 5 of The Four Agreements, Don Miguel Ruiz introduces the fourth and final agreement: Always Do Your Best. This agreement serves as the foundation and balancing point for the previous three. Ruiz reminds us that being 'impeccable with your word,' 'not taking things personally,' and 'not making assumptions' are all challenging practices-but if we commit to simply doing our best, we give ourselves room to grow without shame or judgment.

Importantly, Ruiz emphasizes that your best will look different from moment to moment. On a day when you're well-rested and energized, your best may look powerful and productive. On days when you're tired, discouraged, or grieving, your best might be simply showing up. Either way, doing your best means staying present, acting with integrity, and giving yourself grace.

Ruiz is clear: 'Doing your best is taking the action because you love it, not because you're expecting a reward.' When we act with love and do our best, we avoid self-judgment, regret, and guilt-even when things don't go as planned. Instead of perfectionism or people-pleasing, we're invited to embrace effort, presence, and compassion for ourselves.

This chapter closes the loop of transformation. While the first three agreements help us dismantle old patterns, the fourth one helps us rebuild with kindness. When we know we've done our best, we can rest in peace-even in imperfection.

Reflection Questions

- 1. In what areas of your life are you holding yourself to unrealistic standards?
- 2. What does 'doing your best' look like when you're tired, stressed, or overwhelmed?
- 3. Have you ever been proud of yourself even when the outcome didn't go as planned? What made it feel like your best?
- 4. How has your definition of 'your best' changed over the years?
- 5. Where could you offer yourself more grace and compassion?

Journal Prompts

- Describe a time when you judged yourself harshly-even though you were doing your best. What would you say to that version of yourself now?
- Write about one area of your life where you want to start showing up differently. What might 'your best' look like there today?
- List 3 ways your best has looked different depending on your energy, mental state, or circumstances.
- Finish this sentence: 'I used to think doing my best meant _____, but now I believe it means _____.'
- Write a letter to yourself offering encouragement for the days when your best doesn't feel like enough.