

Bringing the four agreements discussed in this book is a transformation we can bring in our own life. This discussion is a "proof" game, and / or a win-lose or lost-lost game, bringing no growth together. It's not fair and helpful to bring self-development The more we get deeper in self-development topics, topics and learnings to others. It'll be a trap and & Preface we get back on ourselves and focus on our own self. creates break between us. As coaches, we should practice confronting the criticizes that come to us. This is power. Human has doing (behavior and performance) and being (personality) sides. The most important and most difficult agreement to Heaven on Earth It's so important to consider that with just agreement one, we will be able to transcend to the level of - Our word is the power that we have to create. In transformation concepts, we are our words, and bring words to our identity. The human mind is a fertile ground, and words are the ____ The human mind is fertile for the seeds it is prepared Human is full, one dark sided which we should accept - it rather opposing it, and one positive segment that we mostly stick with it. Having both sides is a need! The human either work from fear / anger / hatred, or The human mind Seeing it is first step to accept it as a part of us. ─ There is no such a thing as an absolute good. This is the fact that we decide wisely on what we want to do from what comes to us. Every word / belief / belief that acts as a loss to us is Passing from religion to logic. Words make us magician, by influencing the life that The time we use our words against others functions as if I'm using a poison, and it hurts us first. The whole spell is broken, just by the power of the Words as Black Magic Those who loves us the most have the most effect and spells on us. - Breakout Rooms - This section is around our needs. - Review & Preface - We can see nothing beyond our brain. Nothing other people do is because of us; it's because of themselves. - What happens around us Even if a situation seems so personal, it has nothing to do with us. And, it goes back to our childhood, and the fact that we The is a need for the right to be on our side in some of — haven't received the support / answer to what we needed even for simple cases. "I don't take it personally. Whatever you think, · whatever you feel, I know is your problem and not my 🛛 🗲 problem." - 🚩 l know who l am. < Things might affect us as long as they do not lock and limit us. Do not take anything personally. — Do not take the praises, and do not take the insults. Know that what people say about us, it's what they - think, feel, and believe, and it's how their brain has interpreted things. We are responsible for our children, and not on behalf of them. We are not responsible for others, but are responsible for our words and how we are using it. The fears and emotions should come from the healthy sides of us. If someone cheats and betrays in the relationship, it's – their job and it's not related to us; therefore, they don't cheat us. - There is no need to be dependent to suffering. When there is something we don't want, and we still 1. Discover it are suffering from that, there is a latent gain behind 2. Comprehend it Breakout Room the scene that we have to go through a process to 3. Dampen it 4. Change the pattern handle this. The more our awareness raises, we lie to ourselves