

The Four Agreements:  
A Practical Guide to  
Personal Freedom,  
by Don Miguel Ruiz

by Elham Akhlaghi Manesh

5 Always Do Your Best

The Best

- Doing the best of us will lead to change from one moment to another.
- The best can change through time, and gets better and better.
- Don't pay attention to quality only.
- Trying too hard will consume more energy.
- It's also proven in physical wellbeing that if you are persistent in exercising, not the full routine, it'll have the most powerful effect.
- If we do our best, we'll oppose all the judgements that come to us.

Taking Action

- ★ **Live a life without caring about time sounds different.**
  - It's the action that makes us satisfied.
- Enjoy the action, so that you will enjoy life.
  - Do not just expect a reward.
  - Reward is a good thing, but we need to consider the fact that we don't take action because of the reward, otherwise, we are dependent to that reward.
  - Caring about the action instead of the reward will result to more rewards.
- Expecting a reward signals a sense that we don't like ourselves. Consequently, we'll find ways to annoy ourselves.
- Taking action will lead to personal acceptance. — We let us be.
- Consider the result fairly.
- Mistake doesn't exist, and it refers to the past.
- Not taking action is a way to eliminate life.
- Taking action is expressing ourselves.
- Without action upon an idea, there will be no manifestation, no results, and no reward.
- Do not resist the flow of life inside of you. — Be you.

Habits

- Do your best on the agreements, and don't follow the fault-free actions.
- ★ **We ameliorate by observation and practice.**
- Everything is adopted and learned by repetition.

Commitment

- Don't our best over and over again will make us master of transformation.
- ★ **Decide to choose the respect and commitment toward the 4 agreements.**
- There will be barriers to our commitment to the 4 agreements.
- We will fail in what we have chosen, but we don't have to scold for ourselves. — If we lose, we'll need to continue.
- Care about today.