

4 Agreements, A Lighter You

Simple choices that bring freedom, peace and joy every day.

1 BE IMPECCABLE WITH YOUR WORD

WHAT IT MEANS

Speak with integrity.
Say what you mean.
Don't use your words
against yourself or others.

HOW IT HELPS

- ✓ Builds trust and respect.
- ✓ Creates clear and loving relationships.
- ✓ Your words become a source of power, not regret.



2 DON'T TAKE ANYTHING PERSONALLY

WHAT IT MEANS

What others say or do
is a reflection of them,
not a verdict on you.

HOW IT HELPS

- ✓ You stay calm and centered.
- ✓ You are free from unnecessary drama and emotional baggage.
- ✓ You protect your peace.



3 DON'T MAKE ASSUMPTIONS

WHAT IT MEANS

Ask questions. Communicate.
Don't assume, and you will
avoid so much pain.

HOW IT HELPS

- ✓ You understand the truth.
- ✓ You avoid misunderstandings.
- ✓ You build stronger connections.



4 ALWAYS DO YOUR BEST

WHAT IT MEANS

Your best changes from moment
to moment; it will be different
when you are healthy as opposed
to sick.

HOW IT HELPS

- ✓ No more guilt or self-blame.
- ✓ You honour your efforts.
- ✓ You grow without perfectionism.



A SIMPLE FREEDOM FRAMEWORK



NOTICE
What I think,
say and do.



UNDERSTAND
What is true,
what is not mine
to carry.



CHOOSE
My intention.
My response.



ACT
Do my best
with love.



REVIEW
Learn, adjust,
and grow.



GROW
More freedom,
more me.

REMEMBER

- ♥ I am not my thoughts.
- ♥ I can choose my response.
- ♥ I release what isn't mine.
- ♥ I do my best, and that is enough.
- ♥ I choose peace over being right.



Freedom is
a daily practice,
not a one-time
decision.

Small choices
create a peaceful
life.

Be kind to your mind. Keep your promises. Live light.