

### **Be Impeccable With Your Word. – Be intentional.**

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

- How has my lack of clarity impacted relationships in the past?
- Where do I over-commit or over-promise?
- How can I be more honest with myself?
- How do I use sarcasm in ways that are not clear or honest?
- Where do my boundaries need clarification?

### **Don't Take Anything Personally. – Be light.**

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

- In which situations do I take things most personally?
- How am I projecting my own insecurities onto others?
- Where is taking things personally causing me the most suffering?
- What helps me be immune to the opinions of others?
- How has taking things personally impacted my relationships?

### **Don't Make Assumptions. – Be careful.**

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

- When is it easier for me to ask for help?
- What helps me circle back and check in when there has been a miscommunication?
- Where do I most frequently get caught in assumption-making?
- How has making up stories served me? How has it impacted my relationships negatively?

## **Always Do Your Best. – Be brave.**

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.

- Where can I show up more authentically in my life?
- What will help me be brave enough to be vulnerable and put my best out there?
- How will I know when I am really doing my best?
- How will I draw a line between doing my best and doing too much?
- Where do I most easily bring my best self? What can that experience tell me about bringing my best in the future?