
The Four Agreements Summary PDF Cheatsheet —

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- ?? 1. **Become an Inner Warrior:** Cultivate inner self-love to protect your mental well-being
- ? 2. **Societal Conditioning:** Wake up to the fact we are all 'domesticated' into false beliefs and judgments
- ?? 3. **Live in Self-Love:** Never judge, blame, or go against yourself to enjoy inner harmony and self-compassion
- ? 4. **It's About Them:** What other people do is not about you; it's all about them and the inner reality they're living in
- ? 5. **Don't Assume:** Stop assuming other people see the world like you do, to prevent misunderstandings
- ? 6. **Always Give 100%:** Take action while always doing your best to engage fully with life
- ?? 7. **Forgive to Be Free:** Holding onto grudges keeps you trapped in suffering; forgiving others sets you free

This is just a sample!

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