

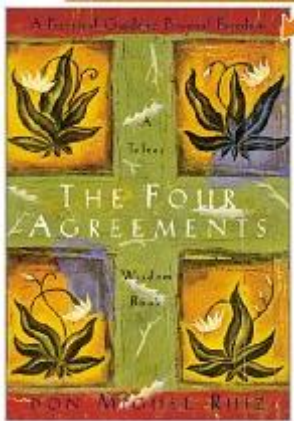
Rose Coaching
Time Management
Stress Management
Work/Life Balance Strategies

Transforming the life you have into the life you want
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Don Ruiz' Four Agreement

Be Impeccable with your word:

Speak with integrity. Say only what you mean. Do what you say. 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.



Don't take anything personally.

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 options and actions of others, you won't be the victim of needless suffering.

Don't make Assumptions.

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

Always to your best.

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 any feelings of self-judgment, self-abuse or regret.