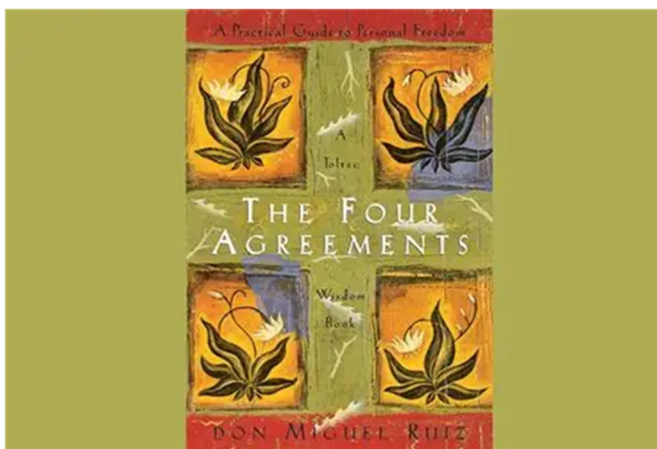


Prepared for CSL Visalia Curated by Rev Jack Elliott



REFLECTIONS

31-Day Study Guide



The Four Agreements

By Don Miguel Ruiz

In *The Four Agreements*, Toltec teacher and spiritual guide **Don Miguel Ruiz** invites readers to awaken from the “dream of the planet” — the collection of beliefs, stories, and social agreements that shape how we see ourselves and the world. Drawing from ancient Toltec wisdom, Ruiz teaches that most human suffering arises from false beliefs and self-limiting agreements we’ve unconsciously made. To reclaim our personal freedom and live with authenticity, he offers four simple yet profound agreements to guide our daily lives.

The First Agreement: Be Impeccable with Your Word

Our words have power — they are the seeds from which our reality grows. To be “impeccable” with our word means to speak with integrity, to say only what we mean, and to use language as a tool for truth and love rather than for judgment or harm. This agreement calls us to align speech, thought, and action with our highest values.

The Second Agreement: Don’t Take Anything Personally

Nothing others do is truly because of us; their actions and words are reflections of their own inner world. When we stop taking things personally, we free ourselves from unnecessary pain, resentment, and defensiveness. This agreement empowers us to maintain peace and emotional balance, no matter how others behave.

The Third Agreement: Don’t Make Assumptions

Much of our suffering stems from misunderstanding and unspoken expectations. Ruiz teaches that clarity comes through courage — the courage to ask questions, to listen, and to communicate directly. By refusing to make assumptions, we cultivate relationships rooted in truth rather than projection or fantasy.

The Fourth Agreement: Always Do Your Best

This final agreement reminds us that our “best” changes from moment to moment — depending on our energy, circumstances, and growth. Doing our best is about surrendering to what Dr Ernest Holmes would call the pattern of perfection Dr. Ernest Holmes’ **Pattern of Perfection** is a central idea in his *Science of Mind* philosophy, reflecting his belief in the divine wholeness and inherent perfection of all creation.

1. The Core Concept

Holmes taught that there is a **perfect spiritual prototype**—a divine “pattern” or blueprint—behind everything that exists in the material world. This *Pattern of Perfection* originates in **Divine Mind (God, Spirit, or Infinite Intelligence)**, and it represents the flawless spiritual idea of every person, situation, or form.

Even when we experience sickness, lack, or discord, Holmes said these are **not realities of Spirit**, but **distortions in human perception**. The spiritual pattern remains untouched and perfect, waiting to be revealed in our experience through right thought.

2. Perfection as the True Nature of Reality

According to Holmes, we live in a universe of **law and order**, where the Creative Mind always acts in alignment with divine perfection. When we align our thinking with that truth—through affirmative prayer (spiritual mind treatment), faith, and spiritual realization—we allow that perfect pattern to **manifest in form**.

He wrote in *The Science of Mind*:

“The Universe holds nothing against us. It is always seeking to flow through us as perfection, life, love, peace, power, and joy.”

This means that perfection is **not something to be achieved**, but something to be **revealed**—already present within us as the divine image and likeness.

3. The Pattern in Practice

Holmes’ teaching encourages us to:

- **Recognize** the divine perfection at the center of every situation.
- **Affirm** that perfection through spiritual mind treatment or prayer.
- **Release** doubt, fear, or false beliefs that obscure the pattern.
- **Allow** the law of mind to express the perfect idea in outward form—whether in health, harmony, or prosperity.

For example, when affirming health, a practitioner does not “heal” the body; they **realize the already perfect pattern of wholeness** in Mind and expect the body to align with it.

4. The Universal Implication

The Pattern of Perfection applies not only to individuals but to all creation. Holmes believed that **all life is the self-expression of Spirit**, and therefore everything in existence contains within it a divine template of order, beauty, and harmony.

Our spiritual work is to lift our consciousness to that level—to see beyond appearances and embody the divine pattern in thought, feeling, and action.

In Summary

Dr. Ernest Holmes' Pattern of Perfection teaches that beneath every condition is an eternal, divine idea expressing perfect wholeness. Through spiritual realization, we align with that pattern and allow it to manifest as harmony, health, and abundance in our lives. Therefore, it is easy to see how adopting a commitment to practice the four agreements allows us to tap into to this pattern of perfection.

In Essence

The Four Agreements is a guide to personal liberation — a call to awaken to our inherent worth and spiritual power. By practicing these four commitments, we break free from fear, shame, and limitation, returning to what Ruiz calls “the dream of heaven on earth,” where love, truth, and inner peace guide every choice we make.

31-Day Reflective Journal structured by weeks around *The Four Agreements* by Don Miguel Ruiz. Each day offers a distinct reflective prompt designed to deepen personal understanding and integration of the Agreements into daily life.

31-Day Reflective Journal: Living the Four Agreements

Week One: Be Impeccable with Your Word (Days 1 – 7)

1. Day 1: What does “impeccable with your word” mean to me in this season of my life?
2. Day 2: When have my words built someone up? When have they caused harm?
3. Day 3: How do I speak to myself when no one is listening?
4. Day 4: What negative or self-limiting phrases do I want to release from my vocabulary?

5. Day 5: How might my relationships change if I only spoke words that were true, kind, and necessary?
6. Day 6: How do gossip, complaints, or self-criticism affect my energy and focus?
7. Day 7: This week, what practice will help me use my words as a force for love and creation rather than judgment or destruction?

Week Two: Don't Take Anything Personally (Days 8 – 14)

8. Day 8: What situations most often cause me to take things personally?
9. Day 9: How does it feel when I internalize someone else's mood, opinion, or reaction?
10. Day 10: Whose approval do I most often seek, and why?
11. Day 11: How might my peace increase if I believed others' actions are about them, not me?
12. Day 12: What story do I tell myself when I feel criticized or ignored?

13. Day 13: How can compassion—for myself and others—reduce personal offense?

14. Day 14: What will I choose to release today that isn't truly mine to carry?

Week Three: Don't Make Assumptions (Days 15 – 21)

15. Day 15: When was the last time an assumption caused unnecessary pain or misunderstanding?

16. Day 16: What stops me from asking questions when I'm unsure?

17. Day 17: How often do I assume I know what others are thinking or feeling?

18. Day 18: What might happen if I replaced assumptions with inquiry and listening?

19. Day 19: How can I cultivate curiosity rather than certainty in difficult conversations?

20. Day 20: What is one assumption I've held about myself that I'm ready to challenge?

21. Day 21: What daily habit could help me practice openness and clear communication?

Week Four: Always Do Your Best (Days 22 – 28)

22. Day 22: How do I define “my best” in different areas of my life?

23. Day 23: What does it look like to give my best without burning out?

24. Day 24: When I fall short of my intentions, how do I treat myself?

25. Day 25: How do rest, nutrition, and spiritual practice influence my ability to do my best?

26. Day 26: What do I need to forgive myself for not doing “perfectly”?

27. Day 27: What motivates me to keep growing even when progress feels slow?

28. Day 28: What evidence shows that my best today is different than it was a year ago?

Week Five: Integrating the Four Agreements (Days 29 – 31)

29. Day 29: Which of the Four Agreements has been easiest for me to practice? Which has been hardest?

30. Day 30: How have these Agreements changed how I see myself and others?

31. Day 31: Looking ahead, what specific commitments will I make to live these Four Agreements more fully in my daily life?

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If you feel empowered to support his work, click the link below to make a donation. Visit www.elderpride4me.org and click the donate button.

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Thank you.

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