

# The Four Agreements-D.M. Ruiz

## Reflection & Connection

This book was a quick read with some very powerful messages for life in general and they connect superbly with the life of an educator.

If you have been a teacher longer than six months you know there is a quick drain of energy from August to November when the first long break arrives. The daylight gives way quicker and it seems as though you arrive to work when it is dark and you leave when it is dark. Combine this with any multitude of other factors that teachers and education professionals encounter during the year and it is important to keep in mind “Do your best” from Ruiz. This ‘best’ changes throughout the year but it is important to keep in mind your [WHY](#). Whatever your best is at the time, as stated before it can and will fluctuate depending on life events and school happenings, we need to be sure we are giving it because our [kids deserve it](#).

The idea that stuck with me the most, and the one I will focus the remainder of the reflection, is the second agreement-Don’t Take Things Personally. I think I hear this phrase at the beginning of every year of teacher in-service when we are discussing how we are going to be better this year. Teaching is a very personal profession and educators take a lot of pride in their craft. On the upside, this often lends itself to very passionate workers. On the downside, it also lends itself to workers who are often not comfortable not having control or being perceived as not having control.

Ruiz’s words for not taking things personally ring very true and are words I have tried, although still working on, to remember daily. People are rarely, if ever, saying or doing things because of you; they say and do things because of the way they perceive reality. We must remember all of our students come to school with different backgrounds and circumstances and experiences that will contribute to the way they react to situations and perceive the world around them. As an educator it is important to keep this in mind when students begin to challenge us and/or the system or react to an incident in a way we deem “inappropriate”. We need to be willing and able to take a breath and reframe the question in our heads from “what is wrong with this student” to “I wonder what happened...” or “I wonder why...”.

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## Notes

1. Be Impeccable with your word
  - a. Don’t gossip
  - b. Speak what you mean
  - c. Speak with integrity, truth, and love
2. Don’t take things personally
  - a. People say things because of their perception of reality
  - b. Nothing is said because of YOU
  - c. Be immune to the opinions of others
3. Do your best
  - a. Your best will change from moment to moment depending a multitude of circumstances

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- b. Whatever your best is at the moment, aim to be your best
- 4. Don't assume
  - a. Ask questions
  - b. Say what you really want
  - c. Communicate clearly