

The Fifth Agreement

by Miguel Ruiz

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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01

Separate fact from story

Write one stressful event as facts, interpretations, and unknowns.

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02

Ask one clarifying question

Replace a private assumption with one respectful question.

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03

Clean one sentence

Remove blame, exaggeration, or self-attack from one sentence today.

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04

Pause before agreement

When someone tells a strong story, ask what you know directly.

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05

Stop rehearsing an insult

Drop one repeated phrase you use against yourself.

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06

Define today's best

Write what your best looks like under today's actual conditions.

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07

Listen for the dream

In one conversation, notice the fear or wish beneath the words.

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08

Make one request precise

Turn a complaint into a direct ask with a clear action.

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