



**We are Arizona's best resource for  
helping children and families.**

**[www.ArizonasChildren.org](http://www.ArizonasChildren.org)**

Protecting Children, Empowering Youth, Strengthening Families.

# Who We Are

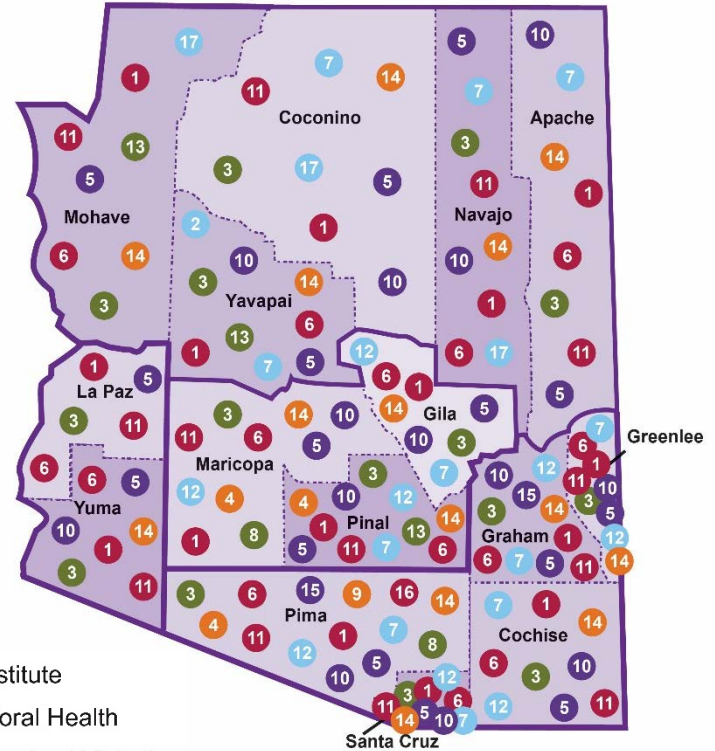
Arizona's Children Association (AzCA) is a nonprofit organization that was **founded in 1912**, as an orphanage to care for homeless, neglected and dependent children.

We are **one of the oldest and largest** statewide child welfare and behavioral health nonprofit agencies in Arizona.



# OUR PROGRAMS & SERVICES

AzCA programs and services are offered in all **15 counties** in AZ and serve more than **40,000** children and families each year.



- 1. Adoption
- 2. Child Haven
- 3. Foster Care
- 4. Therapeutic Foster Care
- 5. Independent Living Services
- 6. In-Home Family Support
- 7. Interstate Compact for the Placement of Children (ICPC)
- 8. Kinship Support Services
- 9. Las Familias
- 10. New Directions Institute
- 11. Outpatient Behavioral Health
- 12. Parent Aide / Supervised Visitation
- 13. Parents as Teachers
- 14. THRIVE Mentoring Program
- 15. The Parent Connection
- 16. KARE Center
- 17. Skills Training & Respite (STAR) Program

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# The Four Agreements

## By Don Miguel Ruiz







BE IMPECCABLE WITH  
YOUR WORD

Speak with integrity.  
Say only what you mean.  
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 opinions and actions  
of others, you won't be the  
victim of needless suffering.

## THE FOUR AGREEMENTS

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

DON'T MAKE ASSUMPTIONS

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 self-judgment,  
self-abuse, and regret.

ALWAYS DO YOUR BEST

# LET'S BREAK THE ICE





words  
have  
power



## Two Truths and a Lie



- A) After 2 marriages and 40 years, I have finally found happiness dating my high school sweetheart.
- B) I have dated two major league baseball players.
- C) My first career goal was to be a nun.





Raise your hand if you were a good girl







“You need a very strong will in order to adopt the Four Agreements—but if you can begin to live your life with these agreements, the transformation in your life will be amazing.

You will see the drama of hell disappear right before your very eyes.

Instead of living in a dream of hell, you will be creating a new dream—your personal dream of heaven.”

Don Miguel Ruiz





## The First Agreement: Be Impeccable with Your Word





# Putting Words Into Action





**Blame, criticism, and complaining is  
“useless talk.”**

**It depletes us of energy and wires our  
brains in ways we don't want to be wired.**



**Everything  
sucks  
and  
you  
can't  
convince  
me  
otherwise!**

**And while we're at it, let's get rid of all the  
complaining and gossip as well!**





## Putting It All Into Practice







Being impeccable with your word doesn't always mean you say "yes." If you cannot make a commitment, you can always say "no."

Being impeccable means being true to yourself.





Speak with integrity.

Say only what you mean.

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.

It means not speaking against yourself, to yourself or to others.

It means not rejecting yourself.

To be impeccable means to take responsibility for yourself, to not participate in “the blame game.”

Regarding the word, the rules of “action-reaction” apply.

What you put out energetically will return to you.

Proper use of the word creates proper use of energy,  
putting out love and gratitude perpetuates the same in the universe.

The converse is also true.

Impeccability starts at home.

Be impeccable with yourself and that will reflect in your life and your relationships with others.

This agreement can help change thousands of other agreements,  
especially ones that create fear instead of love.



## The Second Agreement:



**Don't Take Anything Personally**

Because the problem isn't you  
It may be the \*donkeys\* around you.







I'm totally independent of the good or bad opinion of others.

I'm totally independent of the good or bad opinion of others.

I'm totally independent of the good or bad opinion of others.

I'm totally independent of the good or bad opinion of others.





Nothing others do is because of you.

What others say and do is a projection of their own dream.

We take things personally when we agree with what others have said.

When we do not agree, the things that others say cannot affect us emotionally.

When we do not care about what others think about us, their words or behavior cannot affect us.

When someone yells at you, gossips about you, harms you or yours, it still is not about you!

Our personal belief system makes us feel safe.

When people have beliefs that are different from our own,  
we get scared, defend ourselves, and try to impose our point of view on them.

When someone gets angry with us it is because our belief system is challenging their belief system and they get scared.

They need to defend their point of view.

Do not become angry, create conflict, and expend energy arguing when you are aware of this.



Practice forgiveness.

Forgiveness is a promise not a feeling.

Forgiveness is a promise not to use the past sin against them . . . or yourself!.

Apologize.

Apologizing doesn't always mean that you are wrong and the other person is right.

Apologizing just means that you value your relationship with them more than your ego.



## 3RD AGREEMENT:



**DON'T MAKE ASSUMPTIONS**



What do you think about here?



What do you think about here?



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What about here?



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You know what they say about  
assumptions...right?



BE CURIOUS  
NOT JUDGEMENTAL

DR. DAVID ORES IS A GRADUATE OF COLUMBIA  
UNIVERSITY MEDICAL CENTER AND ALSO  
MANAGES A HEALTH CO-OP FOR RESTAURANTS  
AND THEIR WORKERS.







Find the courage to ask questions and to express what you really want.

Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

When we make assumptions, it is because we believe we know what others are thinking and feeling.

We believe we know their point of view, their dream.

We forget that our beliefs are just our point of view based on our belief system and our own personal experiences that have nothing to do with what others think and feel.

We make the assumption that everybody judges us, abuses us, victimizes us, and blames us the way we do ourselves. As a result we reject ourselves before others have the chance to reject us.

When we think this way, it becomes difficult to be ourselves in the world.

Take action and be clear to others about what you want or do not want;

do not gossip and make assumptions about things others tell you.

Respect other points of view and avoid arguing just to be right.

Respect yourself and be honest with yourself.

Stop expecting the people around you to know what is in your head.



## 4TH AGREEMENT:



**ALWAYS DO YOUR BEST**

Your personal best will not look the same every day.

But always do your best.



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Your best changes from moment to moment;

Your best is different when you are healthy as opposed to sick.

Simply do your best under any circumstance to avoid self-judgment, self-abuse, and regret.

Doing your best means enjoying the action without expecting a reward.

The pleasure comes from doing what you like in life and having fun, not from the reward or compensation.

Enjoy the path travelled and the destination will take care of itself.

Living in the moment and releasing the past helps us to do the best we can in the moment.

It allows us to be fully alive right now, enjoying what is present, not worrying about the past or the future.

Have patience with yourself.

Be consistent and persistent with meaningful action.

If you do your best always, transformation will happen as a matter of course.





“If you want to live a life of joy and fulfillment,  
you have to find the courage to break those  
agreements that are fear-based and claim  
your personal power.”



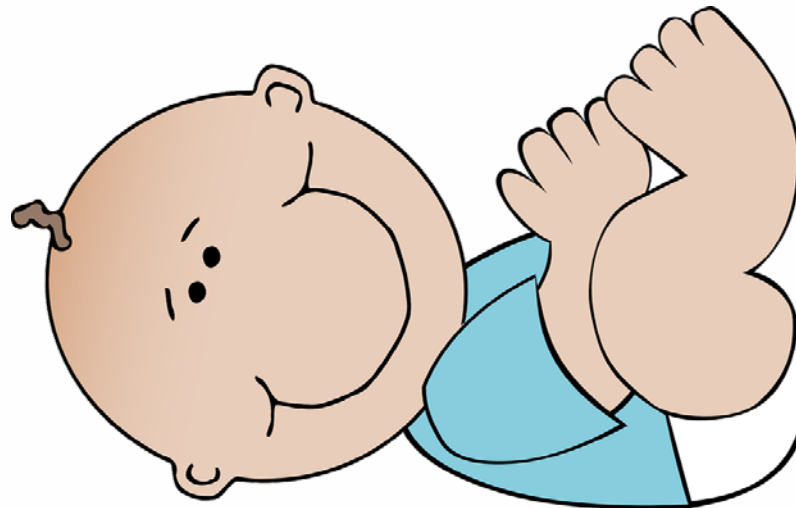
~ Don Miguel Ruiz



**Is that scary?**

**Of course!**

Growth is scary and uncomfortable. Discomfort is often necessary for growth. Think of it this way, if we were all comfortable sitting in our own \*poop\* every single one of us in this room would still be wearing diapers.





These are the Top 5 things I \*know\* need some work from me:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## WE STOP OURSELVES

“Who stops us from being free? We blame the government, we blame the weather, we blame our parents, we blame religion, we blame God. Who really stops us from being free? We stop ourselves.”

**IT IS TIME TO GET OUT OF YOUR OWN WAY**



Let's get out of our own way and rock this thing!

Shall we?





We believe in heroes.

**Contact us today to get involved!**

**[www.ArizonasChildren.org](http://www.ArizonasChildren.org)**

**[Info@ArizonasChildren.org](mailto:Info@ArizonasChildren.org)**

**800.944.7611**



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