

## Objective

By the end of this lesson, Lilamae will have a clear understanding of the four agreements outlined in Don Miguel Ruiz's book "The Four Agreements." She will be able to explain each agreement and discuss how they can be applied in everyday life to promote personal growth and positive relationships.

## Materials and Prep

- Notebook and pen for writing reflections and notes
- Access to "The Four Agreements" book (if available, or a summary online)
- A comfortable space for discussion and activities
- Art supplies (colored pencils, markers, paper) for creative expression

Before the lesson, it would be helpful for Lilamae to familiarize herself with the basic concepts of the four agreements, either by reading the book or a summary if available.

## Activities

1. **Discussion Circle:** Start with an open discussion about what agreements mean to Lilamae. Ask her to share any personal agreements she has in her life. This will help her connect personally with the topic.
2. **Creative Expression:** Have Lilamae create a visual representation (drawing or poster) of the four agreements. She can illustrate each agreement with symbols or images that resonate with her.
3. **Role-Playing:** Create scenarios where the four agreements can be applied. Lilamae can act out a situation where she practices one of the agreements, such as not taking things personally, and discuss how it feels to apply the agreement in real life.
4. **Reflection Journal:** Ask Lilamae to write a short reflection on how she can implement each agreement in her daily life. This can be a list or a paragraph for each agreement.

## Talking Points

- "The first agreement is to be impeccable with your word. This means speaking with integrity and saying only what you mean. Why do you think this is important?"
- "The second agreement is to not take anything personally. Remember, what others say and do is a projection of their own reality. How can this change the way you react to others?"
- "The third agreement is to not make assumptions. Instead of assuming, we should ask questions and communicate clearly. Can you think of a time when an assumption caused a misunderstanding?"
- "The fourth agreement is to always do your best. This means putting in effort, but also understanding that your best can change from day to day. What does doing your best look like for you?"
- "These agreements can help us improve our relationships with ourselves and others. How do you feel about using these agreements in your life?"
- "It's important to remember that these agreements are not rules, but guidelines to help us live with more freedom and happiness. What do you think about that?"
- "Can you think of a situation where applying one of these agreements could help you feel better or improve a relationship?"