

# [The word means keeping your integrity whenever](https://assignbuster.com/the-word-means-keeping-your-integrity-whenever/)

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The 4 AgreementsBeing impeccable with your word means keepingyour integrity whenever you speak. You must try to be true in what you saywithout compromising. You should only say what you mean and not use wordsthat speaks against yourself or that gossip about others.

Use your words wiselyand use the power of those words in the direction of truth and love. Your wordstend to go around your head and even come out of your mouth before others havefinished speaking and there are many ways to be impeccable with your words. One way that I personally think can help mebe impeccable with my word is taking time to listen to myself and the person Iare talking to. I will try not to be eager to spill out my thoughts before othersare finished, this is hard to do because sometimes I might feel angry aboutsomething and I just want to spill it out but, I must think about what I aresaying because it might hurt the person I are talking to and eventually hurt mein the future. Take your time and flush out the thought that are not supposedto be out of your mouth. Cleaningup the judgments in our mind can seem like quite the task and it may take awhile to empty our mind of those judgments but, it can be done.

To apply this onesimple agreement to be impeccable with your words will require plenty of time andpractice to master. Don’t think that you will master it easily. Just know thatevery year that you become more impeccable with your word you will have morelove and happiness in your life and relationships. Taking something personally meansabsorbing information as a part of yourself rather than as something that mayreally be about the other person. Taking things personally is a sign of lowself-esteem. Whenever anyone take things personally, they might be verysensitive to the words or actions of other people or they just elucidate thingsin a negative way. Wheneversomeone take things personally they are giving certain individuals power overthem than they should ever be allowed to have. You are actually allowingsomeone to question what you feel and believe.

There are many ways to preventyourself to not take things personally. One way that I think should prevent me tostop taking things personally is by stop worrying so much about what peoplethink of you. There is only reason that can cause someone to take somethingpersonally is if that person is really important to them. You shouldn’t worryif anyone likes you or will accept you. You have a personality and only youhave that personality, you are unique so, accept yourself and don’t worry aboutwhat others think of you. You can’t control what others think of you.

If youaccept yourself, and act in the way that you think is right then you’ll attractpeople who will accept you for who you are. You won’t have to worry about whatthey’re thinking of you, because you know they love you. The second way that I think can help mestop taking things personally is by having more confidence about myself. Themore confident I am about myself, the less I will worry about what others sayabout me. If I have low confidence then it is likely for me to worry at anynegative comments people throw at me because there’s a part in everyone whotake things personally that is afraid of what people are saying is true. If Ihave high confidence and someone says something negative about me then I knowthat what they’re saying isn’t true because it’s just a small thing that willnot hold me back in anyway. It is something that I can fix.

Therefore, I willnot worry about anything anyone say about me.