

# Pamela J. Firle, MA, LPC

Inspiration  
Education  
Transformation



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## ALWAYS DO YOUR BEST

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“...embrace the  
paradox that  
I can always  
do my best  
without always  
being at my  
best”

~ P F

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This month concludes my review of *The Four Agreements*, by don Miguel Ruiz. We will wrap up this series by looking at his final challenge to “*Always Do Your Best*.” (You can find previous editions on my website under the Newsletters tab.)

At first blush, this final agreement recalls the admonition of our parents while we were growing up. It might bring back memories of being scolded for not meeting expectations or questions about our efforts. Used in this way, “*Always Do Your Best*” can feel more like a critical voice than a path to living with ease and freedom.

If we look a little deeper, however, it’s really more complex than that. I believe that don Miguel meant for this last agreement to frame our approach to the other three. It encourages us to give our best effort to *Be Impeccable With our Word, Not Take Anything Personally* and *Not Make Any Assumptions*. It also recognizes that mastering these agreements is a life-long practice, and that our “best” is not a static experience, but can vary greatly.

I am sometimes amazed at how different my “best” can be. Though I always intend to do my best at work and play, my performance isn’t always the same. It is different whether I am sick or I am well; whether I am tired or rested; whether I am hurried or not; whether I am focused or distracted. The truth is that my “best” can change from day to day, and from moment to moment. If it were not so, golfers would never have a bad round, batters would never strike out and I would always hear my clients with perfect clarity.

Recognizing this means the difference in whether the agreement promotes self-judgment and shame, or the ability to extend ourselves grace. It allows me to accept my humanness and the reality that life ebbs and flows. It embraces the paradox that I can always do my best without always being at my best.

If I approach every circumstance with the intention of simply doing my best, and accepting the outcome, I can avoid frustration, regret, and self-recrimination. This is the path to living with ease that don Miguel illuminates for all of us. How could your life be transformed by this agreement? Are you willing to commit yourself to *Always Do Your Best* without a judgmental eye? How great would it feel to be so free? There’s only one way to find out.

May we all dare to live in the wisdom of *The Four Agreements*.

### Mindful Connections

A program devoted to your body, mind and spirit.

I am pleased to host *Mindful Connections* with fellow psychotherapist, Tina Moody, every Saturday on our community radio station **KDRP, 99.9FM** in Dripping Springs and streaming live at [www.kdrplive.org](http://www.kdrplive.org). You can also listen to podcasts of recent shows on the website at your convenience. Just click on the link for **Saturday Talk Block**, and then **Mindful Connections**.

October’s archived programs include *Haunting Mysteries, Debunking Depression, Here Comes the Judge, Narcissism in Everyday Life*