

MY NON-NEGOTIABLES



LIST FIVE THINGS THAT ARE PRIORITIES FOR YOU NOW THAT YOU WILL SHIFT TO NON-NEGOTIABLES

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*IN WHAT AREAS
OF YOUR LIFE DO
YOU NOTICE THAT
YOU NEGOTIATE
WITH YOURSELF?

*WHAT DO YOUR INTERNAL NEGOTIATIONS LOOK LIKE?



*WHAT HAVE YOU
TALKED YOURSELF
OUT OF DOING
THAT WAS ACTUALLY
SOMETHING THAT
WOULD HELP YOU
REACH A GOAL OR
DESIRED OUTCOME?

*WHY DO YOU
THINK YOU CHOSE
TO NEGOTIATE
YOURSELF OUT OF
THAT?

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*WHAT ABOUT
YOUR FAILURES?

*DO YOU BELIEVE
THAT YOUR DREAMS
DESERVE TO BE
NON-NEGOTIABLE?
WHY OR WHY NOT?

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