



Nonnegotiable Worksheet.

You can have it all.

Use this exercise to help design your own life. List your non-negotiables and imperatives. Decide how often you need them (daily, weekly, twice a week, monthly, twice a month, etc). Once you decide how often you want them in your life, actually schedule and place them in your calendar.

List the imperatives: things that you cannot live without; things most valuable to you. Review your Dream Sculpting worksheet. The results of the Dream Sculpting worksheet uncovers your non-negotiables.

Nonnegotiables:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Daily	Weekly	Monthly	Quarterly	Yearly