



The Burnout Solution

Negotiables' Table

Learning to recognise the negotiable and non-negotiable things in your life will allow you to reclaim time for you. Non-negotiables are the things you will not negotiate on. They follow your values and beliefs and define what you will and won't accept from others, and also what you will and won't accept from yourself.

Using the table below, write down what your non-negotiables are. They could be your kids, your family, your dog, your yoga class, whatever you value most. Then look at your negotiables. Is the evening class you randomly signed up for making you happy? Are you only attending each week for fear of being judged for leaving? If so, leave. It's negotiable. It is something you are doing that is eating into precious time that could reclaim. Are you spending more time on social media than you'd like? I suggest breaking your non-negotiables down into three areas – lifestyle (which is really your self-care), personal and professional – and see what is negotiable in order to reclaim your time.

Lifestyle	
<i>Non-Negotiables</i>	<i>Negotiables</i>
Personal	
<i>Non-Negotiables</i>	<i>Negotiables</i>
Professional	
<i>Non-Negotiables</i>	<i>Negotiables</i>