



# Your Non-Negotiables Workbook:

A guided workbook for  
women who are ready  
to stop negotiating  
with themselves and  
start showing up  
for their own life



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Hello Mindful Friends !

I'm so glad you're here.

If you downloaded this workbook, something in you is ready.

Ready to stop putting yourself last. Ready to stop letting the busyness of life make decisions for you. Ready to actually decide- in advance- what your life is going to look like.

That's what this workbook is for.

Non-negotiable aren't about perfection. They're not a rigid schedule or a punishing routine.

They're the things you decide matter enough to protect - before the chaos of the day gets a vote.

I exercise six days a week. I walk my Shih Tzu Bentley every morning and evening. Those aren't things I decide on each morning based on how I feel. I decided a long time ago and that decision changed everything.

This workbook is going to help you find yours .

Take your time with each section. Be honest with yourself and remember- this isn't about doing more.

It's about deciding what actually matters.

Let's get started .

– Nicole

**Disclaimer:** This guide shares general mindset and wellness tools for educational purposes only. It is not therapy, medical advice, or a substitute for professional mental health care. Use these ideas as inspiration and consult a licensed professional if needed. Real change happens through small, consistent actions — not perfection. Be loving and kind with yourself.

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## What Are Non-Negotiables — And Why Do They Matter?

A non-negotiable is a commitment you make to yourself in advance — before the day starts, before your feelings weigh in, before life gets complicated.

It's not a goal. Goals are things you're working toward. Non-negotiables are things you've already decided.

The difference sounds small. It isn't.

When something is a goal, you evaluate it every day. "Do I feel like doing this today? Is this a good day for it? Maybe tomorrow." When something is a non-negotiable, that conversation doesn't happen. You already decided. All that's left is showing up.

## Why they work

Every time you follow through on a non-negotiable — especially when you don't feel like it — you make a deposit into your own self trust. And self trust is the actual foundation of confidence, resilience, and real change. You're not just building a routine. You're building proof that you keep your word to yourself.

## Reflection prompt

*Before we go further — think about one area of your life where you wish you were more consistent. What has been getting in the way?*

## Your Health Non-Negotiables

Your body is the vehicle for everything else you want to do. When you neglect it — sleep, movement, nourishment — everything else suffers. This section is about deciding what you're committed to protecting for your physical wellbeing. Not what you think you should do. What you're actually willing to commit to.

## Reflection prompts

What does your body need consistently that you keep deprioritizing?

What would feeling physically strong and energized allow you to do that you can't fully do right now?

What excuse do you use most often to skip taking care of your body?

My Health Non-Negotiables are:

Example: Exercise 4x per week. Sleep by 10pm on weeknights. Walk outside every morning.

## Your Mindset Non-Negotiables

Your mindset is the lens through which you experience everything. Left unattended it defaults to whatever patterns and beliefs were installed a long time ago — many of which aren't serving you anymore. Mindset non-negotiables are the daily practices that keep you mentally clear, grounded and intentional. They don't have to be big. They have to be consistent.

## Reflection prompts

When your mindset is at its worst, what does your inner dialogue sound like?

What practice consistently helps you feel more grounded, clear or at peace — even if you don't do it regularly?

What belief about yourself do you want to actively work against this year?

My Mindset Non-Negotiables are:

Example: Journal for 5 minutes every morning. No phone for the first 30 minutes of my day. One mindfulness practice daily.

## Your Relationship Non-Negotiables

The quality of your relationships is one of the greatest predictors of your overall wellbeing. But healthy relationships don't happen by accident. They require knowing what you need, communicating it clearly, and being willing to protect it even when it's uncomfortable. This section helps you get clear on what you need in your relationships — and what you're no longer willing to tolerate.

## Reflection prompts

In which relationship do you feel most like yourself — and what makes that relationship feel safe?

What have you been tolerating in a relationship that you know needs to change?

What do you need more of in your relationships —  
and have you ever directly asked for it?

**My Relationship Non-Negotiables are:**

Example: I will not sacrifice my needs to keep the peace. I will ask for what I need directly. I will spend quality time with people who fill me up at least once a week.

## Your Daily Habit Non-Negotiables

Your daily habits are the architecture of your life. Not the big dramatic decisions — the small consistent things you do every single day that quietly shape who you're becoming. This section is about identifying the anchor habits that ground you and protect your energy — and committing to them before the day tries to talk you out of them.

## Reflection prompts

What does your ideal morning look like — before anyone else's needs enter the picture?

What small daily habit has the biggest positive impact on how you feel — that you keep skipping?

What habit would your future self thank you for starting right now?

**My Daily Habit Non-Negotiables are:**

Example: No phone for first 30 minutes of morning. Read for 15 minutes before bed. One thing for myself before I do anything for anyone else.

## Your Personal Non-Negotiables Action Plan

Now let's pull it all together.

Write your top non-negotiable from each category:

Health

Mindset

Relationships

Daily Habits?

What is the one non-negotiable you're committing to starting tomorrow — no exceptions, no negotiations?

Accountability prompt

Who in your life will you share this commitment with — and when will you tell them?

You just did something most people never do — you got honest with yourself about what actually matters and made a decision about it in advance.

That's not a small thing. That's the beginning of everything changing.

Non-negotiables aren't about being rigid or perfect. They're about respecting yourself enough to protect the things that keep you grounded, healthy and moving forward — even when life gets hard.

Come back to this workbook. Revisit it when you drift. Update it as you grow. And remember — every time you show up for your non-negotiables, you're sending yourself the message that you matter.

Because you do.

— Nicole

*Ready to go deeper?*

If working through this brought up something bigger — patterns you keep repeating, beliefs that keep getting in the way, or a gap between knowing and doing that feels impossible to close — that's exactly what we work on together in coaching.