



# NON-NEGOTIABLES

Non-negotiables are the things you will not negotiate on. They follow your values and principles and define not only what you will and won't accept from others, but also what you will and won't accept from yourself. They are the big-time deal breakers.

They are the promises you keep to yourself, your family and your team. They are unique to you and your situation, only you can determine what they are, and only you can manage them. They are there to guide you through hard times when decision making is difficult. With predetermined rules set in place, your focus won't waiver from what you truly believe.

### Reflect

1. Create a list of all of your non-negotiables for yourself. What are you firm on with yourself?
2. Why is it important for you to stick to your non-negotiables?
3. What are your non-negotiables for the people in your life?
4. Have you ever expressed your non-negotiables with those in your life? Why or why not?
5. Do you believe it's important to understand others non-negotiables before entering into any type of relationship with them?
6. Non-negotiables are also important to have in the workplace. Have you identified what you will **NOT** negotiate on with your employer?
7. What changes have taken place in your life that may have affected your non-negotiables?
8. What are the differences between negotiables and non-negotiables?
9. What are 5 non-negotiables for the relationships you have with your family?
10. What are 5 non-negotiables you wish you had in place with your previous relationship? Work, friends, family, & companion.

**God's non-acceptable standards for relationships is found in the book of Joshua 1:8, and it says: 'This book of the law shall not depart from your mouth, but you shall meditate in it day and night that you may observe to do according to all that is written in it. For then, you will make your way prosperous, and then you will have success.'**

