



CREATING NON-NEGOTIABLES

- A non-negotiable is something that is NOT open for discussion or modification. They are “deal breakers”. Non-negotiables are a form of self-care. The act of thinking about and deciding upon them is self-care in itself. Examples could be, not getting into a car with a driver who has consumed alcohol, not eating a particular type of food, or taking a walk every day.
- Your non-negotiables are entirely personal. There’s no wrong or right—it’s whatever you feel is of great value to you, things that keep you safe, happy, healthy, and allow you to thrive. Knowing your non-negotiables protects your acts of self-care that are necessary to your overall mental and physical well-being. They give you strength in uncertainty.
- I know it can feel difficult to practice self-care if you’re used to taking care of everyone around you and putting your needs last or completely aside. But creating non-negotiables isn’t putting yourself ahead of everyone else, and doesn’t mean you don’t care about anyone else. You need to be cared for to thrive, just as your family and friends do. And in doing so, you’re simply saying and acknowledging that you matter as well. Because YOU DO.
- Taking care of your own needs isn’t wrong and it’s crucial if you are a RAD parent. Your needs are not optional. For you to be the healthiest, happiest, best version of yourself, able to take care of others, you need to look after yourself. This means fulfilling your own needs and establishing your non-negotiables to make that happen.





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- Recognizing what non-negotiables you already have and how they contribute to your life can help you to decide where you could benefit from setting more. And you don't need to justify or explain them to anyone. They are an indication that you value your own mental and physical health. You can also involve the people around you in setting non-negotiables and create them together (eg., parents that want to establish non-negotiables for themselves or for their family).
- And most importantly, honoring your non-negotiables is key. Thinking about what would best support you in how you want to feel and what you want and need in your life, and making it into a non-negotiable, will turn that thought into action so you can be healthier, happier, and self-assured.





CREATING NON-NEGOTIABLES

My List of Non-Negotiables:

1

2

3

4

5





CREATING NON-NEGOTIABLES

My WHY

(list your why for each non-negotiable you created)

1

2

3

4

5





CREATING NON-NEGOTIABLES

If I Feel Like Giving In, I Will:

1

2

3

4

5

