

## EXERCISE TWO: NAME YOUR NON-NEGOTIABLES

Pivots take time and planning. Whether your next step is launching a side hustle, signing up for a class, or strengthening your creative practice, adding something new means finding space in your already busy schedule. This exercise will help you identify short term trade-offs (remember, the pain is temporary!) that will help you make meaningful progress in a way that fits your life.

- 1. Time and Money:** We all need different levels of security. *What's your absolute minimum, financially and time wise? What are the non-negotiables you need?* Using the two columns below, list your non-negotiables when it comes to time and money—things you can't sacrifice or give up, even short term.

Time Non-Negotiables	Financial Non-Negotiables

- 2. Your Next Step:** Using the space below, brainstorm concrete commitments, strategies, or actions you can take to fit pivot work *around* your non-negotiables, i.e. cutting back on a specific spending habit or swapping Friday happy hours for dedicated writing time. *Do you need to make any short term trade-offs, in terms of time or money, to make way for your pivot? What would happen if you made working on your pivot a non-negotiable?* Brainstorm 2-3 trade-offs for each column, and then circle the one you'll act on first.

Time Trade-Offs	Financial Trade-Offs