
3. **Set your non-negotiables.** Alright, so the holistic dream might not be possible; however, the exercise should help you highlight what is most important. What can't you live without in your daily or weekly life?

4. **Determine what might get in your way of living those non-negotiables.** Some potential themes include:

- What do I fear most in trying to live this way?
- What really has to get done that I can't change?
- What do I hold myself responsible for?

5. **Generate actionable ways to protect your non-negotiables.** For example:

- Request assistance from others.
- Change the deadlines and/or expectations for success that you set for yourself.
- Block time in your schedule for your non-negotiables.
