

Non-Negotiables

From The Team At Everymind At Work

If you're struggling to determine your non-negotiable, here is some inspiration from the team at Everymind At Work:



Jess Robson

My non-negotiable is to journal every day.



James Mace

My non-negotiable is getting outside in nature with my dog, every day!



Rakelle Maurici

My non-negotiable is starting my day by listening to music.



Paul McGregor

My non-negotiable is to move. A quick walk, a run or a workout at the gym, every day.



Lauren Callaghan

My non-negotiable is having a cup of coffee every morning before I start my day.



Lara Saad

My non-negotiable is to schedule an hour of 'me' time every day. No matter what's going on.



Milly Dexter

My non-negotiable is walking my dog Dougall, every day.



James Kirkman

My non-negotiable is playing golf every Friday morning before work.



Emily Addison

My non-negotiable is to drink at least 2 litres of water a day.



Sam Roberts

My non-negotiable is to attend 3 yoga classes per week.



Zoe Parker

My non-negotiable is to take my probiotics and vitamins every day.



Kayleigh Fuller

My non-negotiable is talking to my therapist every week.