

## **Spirit Level Success™ System - Six Secrets of Self-Esteem**

### **Secret #5 STAND – Week 5**

#### **S.T.A.N.D.™ – Non-negotiable**

The **N** in **S.T.A.N.D.**™ stands for **Non-negotiable**. Some things in life are non-negotiable. There are certain lines you will never cross. Have you ever stopped to think about the boundaries you have in your life, and your relationship to them? You may have never reflected on this before so now is a great opportunity to take stock and identify the boundaries that affect you. Not just what the boundaries actually are, but more importantly, your relationship to them and the impact of that. Boundaries can be fixed and immovable, or more permeable, almost flexible. Boundaries can also be externally imposed, such as laws, marriage, time, taxes, your garden fence and so on or internally imposed such as deciding not to drink alcohol, meditating every single morning before you start your day or being vegetarian. We all have them. And you do too. You will also have a certain relationship to those boundaries that will either be consistent (for instance, are you always late?) or contextual (eg prompt for work and business commitments, but late for social ones). Understanding your relationship to your boundaries, and knowing this very clearly, can give you really valuable insights into yourself, and avoid the discomfort of self-doubt and self-chastisement for not getting things right 'all the time'.

**Write down 10 examples of the boundaries that apply to you, and your relationship to those boundaries. For instance, all adults who can drive are subject to a legally enforceable, non-negotiable boundary that says you must not drive if you have over a certain amount of alcohol in your breath and blood.**

**Do you honour that boundary and not drink anything alcoholic if you're the driver? Do you drink, but limit it to one or two glasses? Or do you ignore the boundary completely, take your chances and just drink whatever you want but still get behind the wheel?**

**When it comes to time-keeping, are you always punctual for appointments? Are you always late? Or does it depend on the type of appointment and who's involved?**

**Please include both external and internal boundaries.**

**Be honest with yourself and complete the following in as much detail as possible;**

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My relationship to this boundary is

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2.....

My relationship to this boundary is

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My relationship to this boundary is

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My relationship to this boundary is

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My relationship to this boundary is

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My relationship to this boundary is

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My relationship to this boundary is

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My relationship to this boundary is

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My relationship to this boundary is

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10.....

My relationship to this boundary is

**When you look at all the explanations above, what patterns do you notice?**

**Does it make a difference whether the boundary is an externally imposed one, or one that you have decided to have for yourself?**

**What exactly is it that makes the difference whether you hold the boundary?**

**If you have a boundary that you don't hold well or you struggle to maintain – what is *that* like for you? How much energy are you investing?**

**How do you *feel* as you are breaking that boundary? What's your internal dialogue at the time? Is it healthy, supportive language that you use with yourself? Or something much more critical and scathing?**

**It is really important that you take time during this week to repeat the work covered so far in this Secret.**

**Value yourself enough and really connect with your motivation, so you can prioritise this and spend *sufficient* time on it, ensuring you make a meaningful emotional connection with each step you take.**

**This is your time now, and you matter.**