

Maintaining Your Self-Care Car

Think of your self-care journey like a car. What does the car need to stay in working order?



GAS: What 3 things fill you up when you feel low on energy, need motivation, or to just maintain? This can be on a daily, weekly or monthly basis.



OIL CHANGE: Name something that you can do every so often to keep things running smoothly. (This might be a activity you do after your busy season at work.)



MECHANIC: Who can you reach out to for motivation, accountability, or support?



TIRES: What drives you forward? Just as tires wear down and need replacement, you may need to switch things up and find fresh inspiration to help you stay motivated each day.



CAR INSURANCE: In case of emergencies or crisis, who do you rely on for immediate support ? What specific plan can you make for yourself:

- Who you can reach out to.
- The items you will need.
- The place you would go to.
- The actions you would take.

