



My Maintenance Plan

A Maintenance Plan helps you stay steady and well day by day. It includes routines, check-ins, and things that keep you grounded, connected, and growing. This is your personal guide to taking care of yourself even when things are going okay.

1. Daily Routines That Help Me Stay Balanced

- Morning routine (what helps me start the day well):
- Evening routine (what helps me settle and rest):
- Check-ins I can do with myself each day (body, mood, energy):

2. People and Connection

- Who do I feel better after talking to?
- How often do I want to connect with friends/family/community?
- How can I ask for connection when I need it but don't feel like talking?

3. Movement and Rest

- How does my body like to move?

- How do I know when I need to rest?
- Ways I can stay active and still listen to my body:

4. Nourishment and Care

- What foods help me feel strong and clear?
- How can I remind myself to eat, hydrate, and care for myself regularly?
- What does taking care of my hygiene and space look like for me?

5. Expression and Creativity

- Ways I express what's going on inside me (art, music, writing, talking):
- Things I want to try or do more of:
- How do I know when I need a creative outlet?

6. Growth and Motivation

- What am I working toward right now (goals, changes, hopes)?

- • What motivates me when I want to give up?
- What reminders or tools keep me focused on who I want to be?

7. Maintenance Check-In Prompts

- What's something that went well today?
- What's something I'm still working on?
- What do I need more or less of right now?