

# MY MAINTENANCE PLAN

Just like our technology needs to be recharged, we must also think about a maintenance and care plan for our body, heart, mind & spirit.

Think about how each maintenance plan might look like for you. Write your answers and keep as a reminder to care for yourself.

How I recharge my spirit:

Think of your spirit (or soul) as the part of you that connects you with everything else. What guides you and gives you purpose

How I recharge my heart:

Think of your heart as the part of you that helps you feel & connect with others. This is the control center of your emotions

How I recharge my mind:

Think of your mind as the place from which your intelligence and ideas can grow. It is where you learn from & observe life

How I recharge my body:

Think of your body as the extension of yourself that helps you to experience and appreciate life. It is your transportation and vessel