Personal Maintenance Map

My Values - Why this matters

Early Warning Signs - Mind Body Behaviour

Common Triggers
situations thoughts environments

Daily Non Negotiables

Green / Yellow / Red Plan
GREEN I'm steady - Routines, supports, boundaries.
YELLOW I'm wobbly - 10 min reset, ask for help, simplify tasks.
RED I'm overwhelmed - Crisis plan, step away, professional support

Fast Relief Toolkit
2 min 10 min 30 min options

Support Networks

Boundary Scripts
say it as written

Reboot Plan
when off track do these 3 steps

CREATING CHANGE
PSYCHOLOGY & COUNSELLING