MAINTAINING ME!

1). At the end of a stressful week, what sounds like the best way to revitalize you?

- A. Putting on a motivating podcast for my ride home from work.
- B. A bubble bath, wine, and even a facial... AHHHH that sounds decadent
- C. Pack my bags and head out of town with just me, myself, and I. WOOHOO!
- D. Walking through Target and finding something just for me, a new decoration or the house, a new shirt, or a bottle wine
- E. Getting home to clean my house and organize so it's spick and span for the weekend. I love to see sparkling floors and clean counters!

2). What do others do that make you feel most appreciated?

- A). A thoughtful gift that made them think of me or something they knew I would love
- B). When a friend or family helps me out with some things I need to get done. What a relief!
- C). When they tell me how much I matter to them. An "I love you" or "You're the best" makes me feel super valuable
- D). When they plan something for us to do together! Them making time to spend with me shows me they care
- E). I'm a hugger! Sometimes I just need that or a pat on the back!

3). Choose which option is one you would add to your routine to take care of yourself

- A). Just some peace and quiet to reflect and meditate
- B). Positive words. Having an inspiring quote or mantra every day
- C). Working on a home improvement project or a hobby
- D). Journaling a little each day. Just a couple things I could jot down
- E). Something active like joining a new fitness class or hiking

4). What is your most treasured keepsake? (As similar to options below as possible)

- A). Concert tickets or Musical program from an event I attended
- B). Something handmade from a loved one
- C). A large seashell my family found on a beach trip
- D). A photo book with pictures of good times and even better memories
- E). A piece of furniture my grandparent helped me make

5). How do you show someone else that you appreciate them?

- A). I surprise them with fun plans! Miniature golfing, dinner at an outdoor venue, bowling!
- B). I make them up a gift basket with all of their favorite treats
- C). I send them a text telling them how I feel or I leave a note for them to find
- D). I help them with some things they need to get done
- E). I give them a hug when they need it or a high five when they are celebrating

6). What is something you would like to spend more time on that focuses on YOU?

- A). Say nicer things to myself. My inside voice is pretty rude!
- B). Indulge in something I want to do or buy once in a while
- C). Have a little more ME time. With no one else!
- D). Cook something healthy for myself. Meal prep.
- E). Be more empathetic to myself

7). If you traveled back in time to a younger YOU, what insight would give you?

- A). It's ok to invest in yourself. That's a good thing!!
- B). Make sure you set limits in your day to day living
- C). Talk to yourself like you're your best friend, not like your worst enemy
- D). That gut feel, intuition, inner voice... whatever you want to call it, is RIGHT! Pay attention to it!
- E). Take care of you not just your mind, but your physical self

MAINTAINING ME! ANSWERS

1). At the end of a stressful week, what sounds like the best way to revitalize you?

- A. Words of Affirmation
- B. Physical Touch
- C. Quality Time
- D. Receiving Gifts
- E. Acts of Service

2). What do others do that make you feel most appreciated?

- A). Receiving Gifts
- B). Acts of Service
- C). Words of Affirmation
- D). Quality Time
- E). Physical Touch

3). Choose which option is one you would add to your routine to take care of yourself

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- B). Words of Affirmation
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7). If you traveled back in time to a younger YOU, what insight would give you?

- A). Receiving Gifts
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- C). Words of Affirmation
- D). Quality Time
- E). Physical Touch

QUALITY TIME

YOU APPRECIATE THE TIME
YOU INVEST IN YOURSELF
FROM RELAXING ALONE TIME
TO TIME SPENT ON A FUN
HOBBY OR IMPROVING
A SKILL.

Spend a day at the coffee shop.

Meditage

20 minutes of yoga.

Stream something YOU want to watch

Listen to a podcast

Take a quick, power nap!

Go on a trip you to a destination on your bucket list.

Start a new book.

Paint a picture.

Treat yourself to dinner at your favorite restaurant.

Listen to your favorite music.

Dance around as you listen to your favorite music.

Watch a meaningful movie.

Sit on your porch.

Plan a makeover

NOTES:		

WORDS OF AFFIRMATION

SPEAKING POSITIVE MANTRAS

TO YOURSELF, HEARING

COMPLIMENTS,
REINFORCEMENTHAT YOU'RE
DOING SOMETHING RIGHT.

MATEC

Recite daily positive affirmations.

Post encouraging notes at your desk.

Sign up to receive daily inspiring quotes.

Keep a gratitude journal.

Create a vision board of your dreams and goals

Create an inspirational or funny quotes board on Pinterest!

Express your thoughts in some way

Forgive yourself for anything in the past that you regret

Watch a Ted Talk!

Give yourself a compliment.

Keep a list of accomplishments from the year.

Listen to an inspiring podcast or audio book.

MALE2:		

RECEIVING GIFTS

INVESTMENTS YOU
PUT INTO YOURSELF,
BIG OR SMALL ITEMS

Treat yourself to a small gift from your favorite shop
Buy a ticket to see a local show
 (musical, movie, concert, etc)
Invest in your hobbies and passions
Decorate your workspace with positive knickknacks
Create a scrapbook of memories & mementos
Book a weekend getaway to somewhere cozy
Start a DIY project just for fun!
Create a personalized calming playlist
Indulge in a decadent snack or dessert!
Buy yourself a bouquet of flowers for your house
Find a class or new skill that interests you

MALES:		

MATEC

PHYSICAL TOUCH

ACTIVITIES THAT ARE PHYSICALLY INVOLVED

Cook yourself a healthy meal

Get some fresh air with a walk or a bike ride

Work on your skincare routine

Sign up for a fitness class

Drink a glass of water or a up of tea

Go to bed and get some rest

Hit the gym

Schedule a massage

Pamper yourself by getting a fresh haircut or getting a manicure or pedicure

Bake a festive dessert

Do a few stretches

Stock up on fruits & veggies in your fridge and healthy snacks in your pantry

NOTES:			

ACTS OF SERVICE

TO DO LIST

ACTIONS YOU DO FOR YOURSELF. GETTING THINGS DONE!

Check off your to-do list

Donate to a local charity

Declutter and organize your home or office

Meal prep the night before so you have breakfast & lunch ready

Do one errand you've been avoiding

Set a few monthly or weekly goals

Learn how to set boundaries and say no to things that drain your energy

Schedule any health appointments ahead of time

Make time to do the things you love

Help someone else through a random act of kindness

Make your bed in the morning.

Give yourself breaks throughout the workday

Pick up your favorite snacks at the store

Empty the dishwasher before bed

Set a routine to get yourself prepared for the day

Marca		

MATEC.