

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 for 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

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