



LIFE MAINTENANCE

use the following ideas to create your own personal plan

PHYSICAL HEALTH

sleep 7-8 hours/night
drink water daily
move my body

EMOTIONAL HEALTH

write in a journal
spend time alone
do things I love

SPIRITUAL HEALTH

meditate
pray
read spiritual texts

SOCIAL HEALTH

spend time with friends
talk
date night

HOME MAINTENANCE

replace air filter every 3mo
smoke detector batteries
clean gutters 2x year
pest control
clean all filters

CAR MAINTENANCE

change oil every 3K miles
rotate tires every 3-5K miles
replace air filter annually
check wiper blades

HOUSEHOLD MAINTENANCE

create a meal plan
set up grocery pick-up
choose a laundry day
weekly cleaning
monthly deep cleaning

TECH MAINTENANCE

delete old or unused files
back-up to hard drive
update software
power off