

## PERSONAL REJUVENATION TOOL

---

Use this tool to sustain yourself as you engage in public life.

1. What are three things that rejuvenate you?

.....

.....

.....

2. Who are three people you can turn to for support—people who know your values, who “get” why you do this work, and who will take your call anytime, day or night?

.....

.....

.....

3. If someone followed you around or looked at your calendar over the last month, would they see that you’d made time for the things that rejuvenate you and for the people to whom you can turn to for support? (Choose the one that applies.)

YES, I MADE TIME

NO, I DID NOT MAKE TIME

Would they find that even when you did schedule these things, you often canceled them due to your hectic schedule? (Choose the one that applies.)

I CANCELLED MY COMMITMENTS

I KEPT MY COMMITMENTS