



Maintenance, and the thing you keep parking

Change the trigger from a feeling to a schedule, and act before you feel ready. Rescue is using your tools after the crash; prevention is using them before it.

My real tools (what steadies me and leaves me better)	The scheduled day it now happens

The thing I keep parking behind "when I am ready"	The small version I will do this week

When the old voice says ordinary care is self-indulgent, what do I say back?
