

Planning Around a Flare

Getting a few things in place now for the next bad stretch.

WHEN TO USE THIS

Use this on a steadier day, before the next flare arrives.

What falls apart when you are flat on your back?

- ☐ Food in the house
- ☐ Clean clothes
- ☐ Getting the kids where they need to be
- ☐ Work or school messages
- ☐ Pets fed and walked
- ☐ Bills and post

Which one of those hurts the most, and what would fix it?

What can you get ready this week while you can?

1.

2.

3.

4.

Who will you tell, and what will you ask them for?

Ten minutes now buys you a much easier week later.