REJUVENAL

The CAREEN Habits

Six daily habits to become the captain of your own care

For those who care for everyone else.



WHY “CAREEN”?

Even the best ships have to come ashore. Sailors once **careened** their vessels: hauling them onto the beach, tilting them on their side, and cleaning and repairing the hull so they could sail again. If you spend your days caring for others, you need the same ritual. These six habits are how you clean the hull *before* the damage slows you down.

C Connect

Nurture the relationships that refill you, not only the ones that need you.

TRY TODAY Send one message to someone who matters, just to say hello.

A Act

Take one small, deliberate step toward what you truly want.

TRY TODAY Walk ten minutes after your last client. Not for exercise, for rhythm.

R Rest

Recovery is part of the voyage, not a break from it.

TRY TODAY Put next year's holidays in the calendar before anything else.

E Enjoy

Make room for joy, not only for duty.

TRY TODAY Do one thing today purely because you love it.

E Express

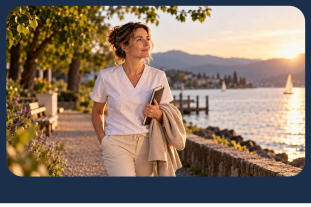
Journal or create, so you can hear your own voice again.

TRY TODAY On Sunday, write three lines: what gave me energy, what drained it, and the one thing that will define this week.

N Nourish

Feed body and mind with the same care you give others.

TRY TODAY Take one meal or moment slowly and with full attention.



PART OF THE BECOME THE CAPTAIN METHOD

1. Know what you want, and why
2. See honestly where you are
3. Steer there with congruent habits



“I am the master of my fate, I am the captain of my soul.” — W. E. Henley

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