

Emotional Fortitude, Advanced Worksheet

Build the sustainability plan that lets you do this work for years, not months — name your warning signs, stock your four domains, and set the boundary that protects your capacity.

Your Warning Signs

Sign 1

Name a specific way depletion shows up in you first — insomnia, irritability, dread of work you used to love, or something else entirely.

Sign 2

Name a second, different sign — the ones people usually notice before you do.

Sign 3

Name a third sign. The goal is to catch these before the tank hits empty, not push through them.

The Four Domains of Self-Care

Physical

One concrete practice — sleep, food, movement, rest — you'll actually do, not the one you wish you did.

Emotional

How you'll process what the work stirs up — journaling, a trusted friend, a counselor.

Mental

A rest or stimulation for the mind that has nothing to do with the fight.

Spiritual

Whatever connects you to something larger than the immediate fight.

Recovery Protocol

Write what you'll do to decompress after a hard advocacy event — a hearing, a loss, a heated meeting — so the residue doesn't accumulate.

Your Boundary

Name one thing you will say no to, to protect your capacity — a fight that isn't yours, a role someone else should carry, an urgency that isn't real.

Self-check: is your maintenance working?

I can still do the work.

I can still feel the thing that brought me to it.

I've named the domain I chronically neglect.

I have a recovery protocol I actually use after hard events.

I've protected my capacity with at least one real boundary.

A reminder

It is not selfish to protect yourself — it's the precondition for helping anyone at all. The fight is long. Pace for it.