

PERP

Your Personal Emergency Response Plan

1. The Smoke Alarm

Before the fire, there's smoke.

We all have warning signs that things are about to go up in flames. Learning to recognize them is the first step in conquering any dragon that comes your way.

List your early "Smoke" signals. (e.g., specific joint pain, losing my temper over small things, wanting to delete my manuscript, staring at the wall for 20 minutes).

2. Stop, Drop, & Roll

At the first sign of danger, show no hesitation.

Sometimes when we're stressed, freaking out, or utterly exhausted, our brains are the first to go. These are the weapons you carry, or the emergency escape route you have memorized.

When the warning signs appear, what is the FIRST thing you'll set down? (e.g., checking email, the 1,000-word goal, social media, doing the dishes).

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3. Your Hallmark Haven

Welcome to Ch/ill Town

Imagine you took a detour on your way to the Big City of your dreams. You landed in a small, easy-paced town where you were finally free to be yourself—to write and dream without stress.

Describe your own Ch/ill Town, or Sanctuary. (e.g., the weighted blanket, the "comfort" audiobook, dimming the lights, a specific tea).

4. The Sage's Whisper

You're never alone in your burning house.

This is your voice in the darkness. Your lifeline. Your fire blanket.

What does my Sage (Future Me) want me to remember during this emergency or flare? ("You are not your symptoms. Your story is resting, not dying. I am waiting for you at the finish line.")

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5. The Least You Can Do

The next step on the path.

When the crisis is over, or you're feeling better, you need an easy step to take. This is a lantern on your path—when you're ready, you'll know which way to go.

What is the least you can do to get back on the path? (e.g., read a chapter of a craft book, dictate scene ideas on my phone, etc.)

[illegible]

Write it out...

You know just what to do.

Put together what you've learned, then write out your Emergency Response Plan for different specific crises you might face. (e.g., When I feel overwhelmed, I will pause, journal for five minutes, and revisit my word for the year.)

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The paper is oriented vertically. There are several small, irregular brown spots or specks scattered across the surface, particularly concentrated towards the right side. These specks vary in size and color, ranging from light tan to dark brown. The overall appearance is that of a clean but slightly aged or handled piece of stationery.