



## SUSTAINING YOURSELF

Getting people across the community to work together takes a great deal of personal commitment and energy. It's important to make sure you keep your own "batteries charged" when you do this valuable and often difficult work.

Take a moment and write down what you need to sustain yourself as you do community work.

### WHAT REJUVENATES ME?

What are the three things that rejuvenate you? What gives you energy, renews you, and reduces your risk of burning out?

1. ....
2. ....
3. ....

### WHAT REJUVENATES ME?

Who are the three people you can turn to for support, people who know your values, who "get" why you do this work, and will take your call anytime day or night? Who are the people you can turn to when you're struggling or worried you've lost your way?

1. ....
2. ....
3. ....

### DO I MAKE THE TIME FOR WHAT REJUVENATES ME AND THE PEOPLE I CAN TURN TO?

If someone followed you around or looked at your calendar over the last month, would they see that you'd made time for those things which rejuvenate you and those people who you can turn to for support? Or would they find that when your schedule got hectic those were the appointments you cancelled first?

*(continued on the back)*





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## HOW TO MAKE IT WORK

- 1 Schedule activities that rejuvenate you.
- 2 Reach out to at least one person you listed and share this exercise so they can help keep you on track.
- 3 Act with intentionality when scheduling and canceling appointments. Check your calendar to make sure you have times blocked to renew and sustain yourself.

**Next Step?** Visit the Promise of Libraries Transforming Communities website at [www.ala.org/transforminglibraries/libraries-transforming-communities](http://www.ala.org/transforminglibraries/libraries-transforming-communities) for initiative updates and access to resources, including tools and workshops that support the work of librarians as community innovators.

