



What Am I Only Fixing When It Breaks?

Noticing the difference between maintenance and crisis-driven attention

Some parts of life get my attention only when they hurt. I can ignore recovery routines until I feel at risk, ignore money until there is a bill problem, or ignore a relationship until there is conflict or distance.

The problem is not that I know how to repair things. The problem is when repair becomes my only form of care. If I repeatedly stop tending something as soon as the crisis passes, I may keep recreating the same emergency.

The Fix-It-Only-When-It-Breaks Cycle



Where does this cycle show up most in my life?

What usually has to go wrong before I pay attention?

What do I stop doing once the immediate problem is fixed?

What do I keep rescuing that I could be maintaining?



What Am I Only Fixing When It Breaks?

Finding the smallest repeatable actions that protect what matters

Maintenance does not mean doing everything perfectly. It means knowing the minimum actions that keep important parts of my life from drifting into neglect, crisis, or another fresh start.

My Minimum Viable Maintenance

WHAT NEEDS PROTECTING?

Choose three areas from page 1 that matter most right now.

1. _____
2. _____
3. _____

WHAT IS THE MINIMUM ACTION?

What small, repeatable behavior helps keep each one from slipping?

1. _____
2. _____
3. _____

HOW WILL I NOTICE DRIFT EARLY?

What is the first sign that I am starting to neglect it?

1. _____
2. _____
3. _____

My Maintenance Rule

What is one thing I will do regularly even when nothing is wrong, nobody is reminding me, and I do not feel especially motivated?



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Turning maintenance into a rhythm before problems become crises

Maintenance becomes easier when I decide in advance what deserves regular attention. I do not need to wait until something feels urgent. A simple rhythm helps me notice drift earlier and keeps ordinary responsibilities from becoming emergencies.

My Maintenance Rhythm

RHYTHM	WHAT DESERVES ATTENTION?	MY MINIMUM MAINTENANCE
DAILY	What needs a small touch even when nothing is wrong?	
WEEKLY	What deserves a regular check-in before I lose track of it?	
MONTHLY	What should I review even if it has not become urgent?	
FIRST SIGN OF DRIFT	What will I do as soon as I notice slipping instead of waiting for a crisis?	

What do I usually stop doing first when life starts going well?

What maintenance do I mistake for something I no longer need?

Maintenance means caring for something while it is still working, not proving I can rescue it after it falls apart.