

Personal Life and Self-Care

1. Remember that the personal will become political
2. Take care of your family, friends, and personal needs in advance
 - Make sure they understand the time commitment (you will be out of the home every evening and weekends for canvassing and events)
 - Have support of your family and friends so that you have people to rely on during the election
3. Know why you are running and where
 - Know what you want to change and why
 - Look for a riding that you think you can win and you know the issues and needs of the voters.
4. Know where you stand on issues
 - Understand what the issues are
 - Know your strengths regarding the issues
 - Know your weaknesses regarding the issues
5. Have your finances in order
 - Have at least 2-3 months worth of living expenses saved up in the bank
 - Plan to take time off of work
6. Be honest
 - Let your past be known it is bound to come out sooner than later
 - Do not make up answers when you do not understand the question
 - Do not make promises you cannot keep
7. Know your team
 - Have in mind who you want on your campaign team
 - Make sure that you can trust them to work hard for your campaign and not for other reasons