

Creating a Culture for Success: Educator Series

Self-Care for School Staff

Session 4.3: Mindfulness, Self-Reflection, and Gratitude

*This space is for your notes and personal reflections as you participate in
Session 4.3: Mindfulness, Self-Reflection, and Gratitude*

Objectives:

- *Practice mindfulness and self-reflection as avenues of self-care*
- *Express gratitude toward ourselves and others*

Notes	
Grounding Activity	
Mini Mental Vacation	
Internal Weather Report	

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Reflection	
Gratitude Reflection: I am thankful for _____.	
Which activity or activities might be the most beneficial to incorporate into your own daily habits?	