

Printable Reflection: Realistic Self-Care Check-In

Mindful Teachers



Invest 10–15 minutes of quiet time
with a hot beverage to honestly check
in with yourself:



1. What is currently draining my energy the most?

3. Am I currently focusing on things inside or outside of my control?

2. What is one boundary I can enforce this week?

4. What small 'win' can I celebrate today?

5. Where am I holding physical tension in my body right now?

7. Who in my building can I lean on for support?

6. What simple pleasure can I give myself today?

8. What brings me genuine joy (inside or outside of school)?

9. What is a simple way I can physically fuel or rest my body today?

11. What is a self-compassionate thought I need to hear? (What would I say to a friend?)

10. What's one thing on my to-do list I can delete, delegate, or revisit later?

12. What is one tangible first step I can take tomorrow?

Pause. Notice. Choose one next step.