



SUMMER

SELF-CARE WORKBOOK



FOR TEACHERS



SUMMER

SELF CARE

DEAR EDUCATOR,

YOU'VE MADE IT THROUGH ANOTHER SCHOOL YEAR AND THAT'S NO SMALL THING. TEACHING IS REWARDING, YES, BUT IT CAN ALSO LEAVE YOU PHYSICALLY DRAINED, EMOTIONALLY STRETCHED, AND RUNNING ON EMPTY BY JUNE.

THIS WORKBOOK IS YOUR INVITATION TO PRESS PAUSE AND GENTLY SHIFT THE FOCUS BACK TO YOU. IT'S A SPACE TO CONSIDER HOW YOU'D REALLY LIKE YOUR SUMMER TO FEEL AND HOW A LITTLE PLANNING CAN HELP YOU REST, RESET, AND RESTORE BEFORE THE NEW SCHOOL YEAR BEGINS.

INSIDE, YOU'LL FIND TOOLS TO HELP YOU EXPLORE BALANCE, CLARIFY YOUR SELF-CARE GOALS, UNDERSTAND WHAT TRULY MATTERS TO YOU, AND BREAK THINGS DOWN INTO SIMPLE, ACHIEVABLE STEPS.

WHETHER YOU'RE CRAVING MORE CALM, MORE ENERGY, OR JUST MORE YOU TIME, A THOUGHTFUL PLAN CAN HELP YOU MAKE THE MOST OF YOUR SUMMER AND RETURN TO SCHOOL FEELING REFRESHED RATHER THAN BURNT OUT.

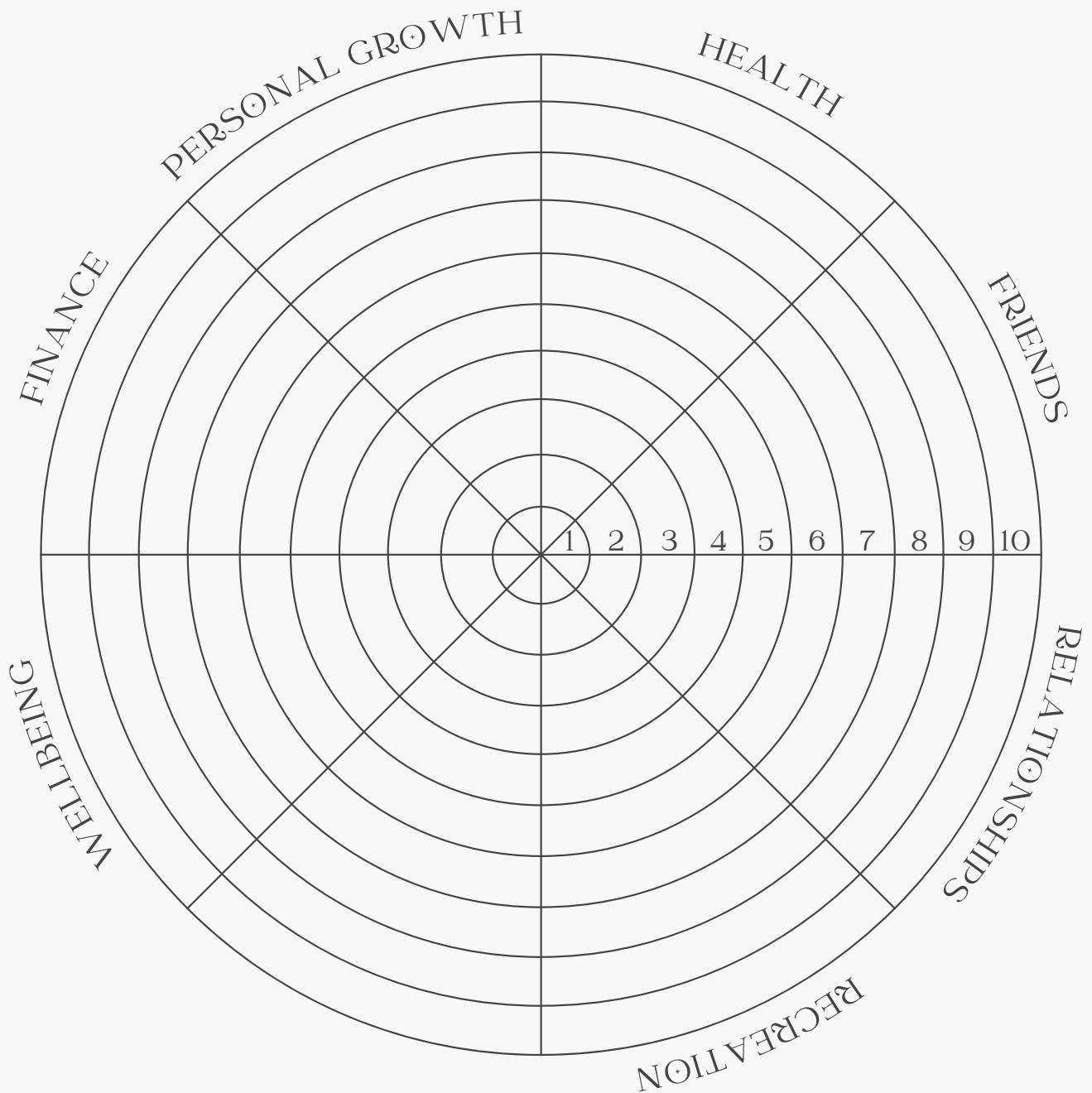
HERE'S TO A SUMMER THAT NOURISHES YOU.

WITH CARE,
THE ACTUALISE ACADEMY TEAM



WHEEL OF LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU EXPLORE WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 7 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10. THERE IS FREE SPACE TO FILL IN ANY SPECIFIC AREA OF LIFE IMPORTANT TO YOU.



SUMMER GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU THINK YOU COULD IMPROVE. TAKE TIME TO REFLECT ON THESE, AND WRITE A SUMMER GOAL FOR EACH CATEGORY. THERE IS A SPACE TO ADD A SPECIFIC GOAL IMPORTANT TO YOU.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>HEALTH</i>			
FRIENDS/ FAMILY			
<i>RECREATION</i>			
<i>WELLBEING</i>			
<i>FINANCE</i>			

SMART GOALS

THINKING ABOUT A SPECIFIC GOAL YOU'D LIKE TO ACHIEVE THIS SUMMER, USE THIS SMART CHART TO PLAN FOR SUCESS. YOU CAN COPY THIS PAGE FOR AS MANY GOALS AS YOU'D LIKE.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	

UNDERSTANDING

GOALS

YOU ARE FAR MORE LIKELY TO ACHIEVE YOUR SUMMER SELF CARE GOALS
IF YOU REALLY REFELCT ON WHY THEY ARE IMPORTANT TO YOU.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?