

Mental + Emotional



reset checklist

for Educators

- ☐ Write down 3 wins. _____
- ☐ Reflect: What worked? What didn't? _____
- ☐ Forgive and let one thing go. _____
- ☐ Send a quick thank you. _____

Personal Recharge

- ☐ Choose one book or podcast. _____
- ☐ A full day for yourself. _____
- ☐ Try something new. _____
- ☐ Set 1 boundary. _____

Digital + Workspace Declutter

- ☐ Archive digital spaces _____
- ☐ Delete and organize files. _____
- ☐ Create blank folders for next year. _____
- ☐ Unsubscribe from 5 emails lists. _____

Light Future Prep (Optional)

- ☐ Quick brain dump. _____
- ☐ Save 2-3 activities, links, resources. _____
- ☐ Bookmark 1 PD opportunity to explore. _____
- ☐ Update your resume/LinkedIn profile. _____

YOU CANT POUR FROM AN EMPTY CUP. REFILL WITH INTENTION!

"You cant pour from an empty cup. Refill with intention!"