

# DAILY GRACEFUL PRACTICE

ONE OF THE VERY BEST THINGS YOU CAN DO FOR YOURSELF AS AN INCLUSIVE EDUCATOR AND CHANGE-MAKER IS TO PROMOTE YOUR OWN HEALTH, HAPPINESS AND WELL-BEING! YOU CAN USE THE MORNING AND EVENING GRACEFUL REFLECTIONS AND PROMISES WE'VE CREATED BELOW TO HELP ESTABLISH A DAILY PRACTICE OF SELF-LOVE AND SELF-CARE.

## MORNING REFLECTION

### SELECT A PROMPT

#### AND WRITE OR REFLECT:

- DESCRIBE ONE THING YOU ARE EXCITED ABOUT TODAY
- USE ONE WORD TO DESCRIBE THE TYPE OF PERSON YOU WANT TO BE TODAY
- LIST YOUR STRENGTHS AND SUCCESSES
- LIST SOME THINGS YOU CAN DO OR SAY THAT WILL MAKE TODAY FEEL LIKE A SUCCESS
- BRAINSTORM WAYS YOU CAN PRACTICE SELF-CARE FOR YOURSELF TODAY

*My Morning Reflection*

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## MORNING PROMISE

TODAY IS A NEW DAY AND A FRESH START. I WILL REMEMBER THAT I HAVE THE ABILITY TO PRACTICE COMPASSION, EMPATHY AND LOVE WITH EVERYONE I SPEND TIME WITH, INCLUDING MYSELF. I WILL EMBRACE AND CELEBRATE DIVERSITY AND CREATE A WELCOMING AND INCLUSIVE ENVIRONMENT WHERE EVERY HUMAN FEELS VALUED AND RESPECTED FOR WHO THEY ARE. I WILL ACTIVELY SEEK OUT DIVERSE PERSPECTIVES, EXPERIENCES, AND KNOWLEDGE TO ENRICH MY LIFE. I WILL ADDRESS CONFLICTS AND CHALLENGES WITH PATIENCE, UNDERSTANDING, AND A FOCUS ON EMPATHY AND RESTORATION.

I WILL RECOGNIZE THE IMPORTANCE OF TAKING CARE OF MY OWN WELL-BEING. I WILL MAKE TIME FOR ACTIVITIES THAT REJUVENATE AND NOURISH MY MIND, BODY, AND SPIRIT. I WILL ENGAGE IN SELF-REFLECTION AND SEEK SUPPORT WHEN NEEDED. I WILL RESPOND TO OTHERS IN LOVING WAYS. GRACE AND LOVE ARE MY CONSTANT COMPANIONS.

# DAILY GRACEFUL PRACTICE

## EVENING REFLECTION

### SELECT A PROMPT AND WRITE OR REFLECT:

- DESCRIBE ONE THING YOU LOVED OR APPRECIATED ABOUT TODAY.
- SHARE SOMETHING YOU WERE GRATEFUL FOR.
- DESCRIBE A CHALLENGE YOU HANDLED WELL TODAY.
- LIST WAYS YOU SHOWED LOVE AND COMPASSION FOR YOURSELF AND OTHERS TODAY.
- LIST THINGS YOU LEARNED TODAY.
- SAY AT LEAST ONE POSITIVE THING ABOUT YOURSELF.
- COMMIT TO DOING SOMETHING KIND FOR YOURSELF THIS WEEK.

*My Evening Reflection*

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## EVENING PROMISE

ALL IS WELL. I OFFER COMPASSION AND LOVE TO MYSELF AND TO OTHERS. I WELCOME SILENCE, REST AND REJUVENATION. MY EVENING UNFOLDS WITH EASE AND GRACE. GRACE FOR SELF AND LOVE FOR SELF ARE MY CONSTANT COMPANIONS.