

Rest and Renewal Reflection

I reflect on the school year that is coming to a close — its moments of joy, growth, difficulty, and change. I also imagine the year to come and what I hope to carry forward. I am grateful for the opportunity to...

I think about the work I do - in my school and at home. I reflect on how this work has shaped my life, impacted my well-being, and given me purpose. I am grateful for...

I think about the people who matter most - my family, my friends, my chosen community. I reflect on how they support, uplift, and accompany me. I am grateful for...

I recognize my strengths and the skills I've grown over time. These have helped me show up, persevere, and make a difference. I feel grateful for...

I think of the mentors, colleagues, and teachers who have guided me - past and present. Their influence still resonates with me. I feel grateful for...

I pause to notice my body and health - the moments of energy, resilience, and even the quiet times of healing. I feel grateful for...

I reflect on the hard things - the challenges and roadblocks that tested me and taught me. I see how I've grown through them. I feel grateful for...

I consider the importance of rest, recovery, and time away from work. I reflect on what it means to truly rest and recharge - physically, mentally, and emotionally. I am grateful for the space and time this pause offers me to...