

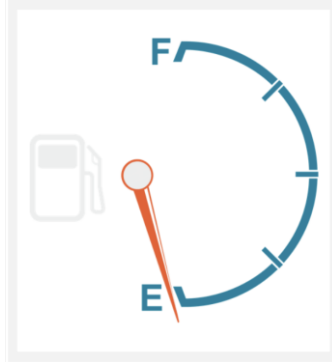


**CULTIVATING OUR BEST SELVES AS SCHOOL ADMINISTRATIONS: DESIGNING OUR
WELLNESS VISION
REFLECTION TOOL**

Wellness, Where am I?

“One can have no greater master than the mastery of oneself” **Leonardo Di Vinci**

Wellness Check in- How full is my gas tank?



Some of my warning signs that I may be experiencing burnout and/or compassion fatigue:



Pair & Share Activity Notes

<p>How might compassion fatigue impact our work as school leaders?</p>	<p>What new ideas or insights did you gain?</p>
<p>What are the implications for practice?</p>	<p>What do you think you might try to do differently in your classroom? As a school?</p>

Wellness, where will your vision take you?



Which domains am I most curious about? Which domain(s) do I need to tackle to overcome compassion fatigue?

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy” -Thich Nhat Hanh

<p>My wellness gas tank is full when:</p>	<p>What are you currently doing to support your health and wellbeing?</p>
<p>What elements of your life do you feel best about?</p>	<p>In what way did you contribute to making those true/possible</p> <p>What 3 things will I commit to this week to increase my energy, strengths and create self-leadership?</p>

A wellness vision is a compelling statement of who you are and what health-promoting, life-giving behaviors you want to realize for yourself—starting now!

Notes: _____
