

Use this handout to write down the practical tools that you can use for yourself and in your classroom to **live and educate with more intention and purpose.**

## **KNOW • Be More Self-Aware** **What am I feeling?**

**CHECK-IN +** \_\_\_\_\_

\_\_\_\_\_

How will I **utilize** this tool? \_\_\_\_\_

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## **CHOOSE • Be More Intentional** **What are my options?**

**MOVEMENT +** \_\_\_\_\_

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How will I **utilize** this tool? \_\_\_\_\_

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**HEART OF THE LESSON +** \_\_\_\_\_

\_\_\_\_\_

How will I **utilize** this tool? \_\_\_\_\_

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## **GIVE • Be More Purposeful** **What do I truly want?**

**GUIDED MINDFULNESS PRACTICE +** \_\_\_\_\_

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How will I **utilize** this tool? \_\_\_\_\_

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**CLOSE OF PRACTICE +** \_\_\_\_\_

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How will I **utilize** this tool? \_\_\_\_\_

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## **NOTES...**

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