

# The Self-Care Promise

Today, I promise to create a self-care list and schedule regular time for myself to unwind, relax and have some fun outside of school daily, weekly, and monthly.

I will put my well-being first, so I will have the ability to care for my students and loved ones. I know teaching is a marathon, and I deserve to finish strong with as much [or more] joy and passion as I began with.



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[signature]

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[date]