



Dignity is your intrinsic worth and value

You don't earn dignity. It is true about you because you exist!

In all your vocational endeavors, regardless of their outcome, your dignity is always in tact and the most important thing about you!

Soul Care is yours!

Soul care is connected to dignity in the sense that you don't have to earn it. It's your right to practice soul care!

What is Soul Care? Using Asa Dugger's definition, soul care is the resources, rituals, and routines that support and maintain emotional and spiritual well-being - what I'd consider "interior care".

Explore & Expand Your Soul Care

Your Inner Voice - Noticing your inner voice starts with noticing your breathing. Simply breathing intentionally can ground you, so you can sense what is necessary now. Be gentle and open with yourself as you journey through the process of learning to hear and listen!

Your Full Self: For you to show up as the best woman in education you can, it's beneficial for you to show up well in the other areas of your life. You are more than just one thing, you don't have just one role in life! You and your life are not single-noted, but multi-rhythmic. Embrace the full expression of yourself, and you can create life-music that you love.

Your Life Music: What rhythms do you want in your life? What makes you feel good taking up your full space and existing as your full self? One rhythm may be meaningful work. A rhythm we all need is restorative rest. Others include regular play and authentic community. What other rhythms make the music of your life beautiful?

Rhythms, not Balance

The term "balance" isn't useful in soul care. It's impossible to maintain. But a rhythm? Rhythms can breathe, change, be fast or slow, and include a variety of elements, including rest notes. Often it's easy to downplay rest, yet rest is key to avoiding vocational, relational, and emotional burnout.



Sixteenth Rest - BREATH

Journal Prompt: Pause. Pay attention to your breathing. Write down what it feels like, sounds like, where its coming from and going. Now, breathe deeply, with intention. Write down what has changed.

Inhale: My breath is available.

Exhale: I can breathe into rest.

Eighth Rest - PLAY

Journal Prompt: What is play to you? How do you feel about moments of unplanned play? In the past 48 hours, have you laughed? If so, about what? If not, why do you think you haven't?

Inhale: Play is a reset.

Exhale: I receive playful energy.

Quarter Rest - YES

Journal Prompt - Make a list of what feels like saying "yes" to yourself. Make a plan for the next 3 days to take 15 minutes for your "yes". Reflect on these "yes" moments each day in your journal.

Inhale: I am worthy of space.

Exhale: I will say "yes" to myself.

Half Rest - BOUNDARIES

Journal Prompt - Boundaries help us move through the world well with care. There are ways to establish boundaries beyond a simple "no". There isn't a sharp end to the sand and the sea; they give way to one another. What needs do you have that aren't being met? Can they be met with the creation of clear (not necessarily harsh) boundaries?

Inhale: Boundaries are natural.

Exhale: My boundaries are valid.

Whole Rest - COMMITMENT

Journal Prompt - Think about natural time rhythms - daily, weekly, monthly, annually, etc. Do you have repeating rest commitments that happen in these time rhythms? What additional regular rest commitments can you start to make and protect?

Inhale: Rest is sacred.

Exhale: I honor my dignity with rest.