

Action Plan for Incorporating Spirituality

What are my plans for incorporating more spirituality into my life and helping my students do the same?		
Recommendations	Presently Doing	Strive to Do
Determine the higher power in whom I believe.		
Seek out other people to support me in my spiritual journey.		
Practice mindfulness throughout each day.		
Engage in walking meditation.		
Begin a gratitude journal.		
Volunteer my time to make a difference in the lives of others.		
Teach students the five core competencies of social-emotional learning.		
Encourage students to practice the SEL competencies and recognize them when they do so.		
Goals and Notes:		