

## Critical Action 1: Engaging in Purposeful Self-Care Information-Gathering Sheet

The first critical action for leading educator wellness is engaging in purposeful self-care. Purposeful self-care must come first because we cannot pour from an empty cup. When educators attend to their own wellness, they are better equipped—physically, mentally, emotionally, and socially—to lead and serve others effectively. Use this reproducible to reflect on the importance of maintaining wellness routines.

Wellness team member names or school or district positions:


### Interview Staff

Names of staff interviewed:


Interview prompts:

- When considering physical, mental, emotional, and social wellness, how would you describe your current state of wellness?
  - In what ways do you feel physically well? In what ways might you improve your overall physical wellness?
  - In what ways do you feel mentally well? In what ways might you improve your overall mental wellness?
  - In what ways do you feel emotionally well? In what ways might you improve your overall emotional wellness?
  - In what ways do you feel socially well? In what ways might you improve your overall social wellness?
  - In what ways do you believe the school or district contributes to your overall state of wellness?
- Describe the benefits of current school or district wellness initiatives. What recommendations do you have for improvements in this area?
- To support an initiative for improved wellness, a job-embedded and differentiated professional learning plan will be designed. Consider the following questions as you develop your learning plan.
  - What are your needs related to improved wellness?
  - What topics would you like to learn related to improved wellness?
  - How do you learn best?

- What would you want designers to know about your desired professional learning style?
- Do you have any pieces of advice to inform the design of the professional learning plan?
- Would you be interested in working closely with the design and implementation of the strategic wellness initiative?

**Gather Evidence**

Gather additional evidence related to purposeful self-care, such as copies of school-improvement or district-improvement plans; agendas; HR documents; wellness policies; data reflecting use of sick days, worker's compensation, or other lost work time; or other important artifacts.

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Additional notes about this rating:

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