**GOAL:** Experience the self-compassion that naturally exists within you & consider how you care for yourself each day.

**Instructions:**

1. Find a quiet place where you can sit, stand, or lie down, whichever is most comfortable.
2. Queue the linked audio clip.
3. Close your eyes, or keep them open -- whichever you prefer.
4. Using your device’s audio, follow along with the guided mindfulness exercise. You can read through the full script [here](#).
5. After completing this mindfulness exercise, consider when you might use this practice:
   - Before class begins
   - During prep time
   - When you are feeling stressed
   - Before you attend a staff meeting

**Source:** Greater Good in Education

**Related Research:** [Evidence That This Activity Works](#)