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REFLECTION TOOLKIT

Four Questions. Four Keys. One Commitment.



Welcome

If you're reading this...

I'm glad you came.

As educators, you're entrusted with helping others grow.

But somewhere along the way, many of us quietly give everyone else access to our time, energy, peace, and purpose—until we forget that we matter too.

This isn't another workbook.

It's simply a pause.

A chance to unlock one room in your life that deserves your attention again.

Keep your key nearby.

Let it remind you to keep access open to yourself.

— Deborah



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Four Questions. Four Keys.

 RETURN

What part of yourself have you been missing lately?

 EXPLORE

What has been taking up so much of your attention that you've lost access to that part of yourself?

 SEE

What small change would create the biggest difference this school year?

 TAKE ACTION

What is one promise you'll make to yourself

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The Access Check

Put a ✓ beside the areas that need your attention.

- ☐ Joy
- ☐ Peace
- ☐ Rest
- ☐ Health
- ☐ Purpose
- ☐ Family
- ☐ Friendships
- ☐ Confidence
- ☐ Boundaries
- ☐ Energy
- ☐ Time

Circle ONE.

That's your room.

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Before You Say YES...

Ask yourself...

- ✓ Do I truly have the capacity?
- ✓ Will saying yes require saying no to myself?
- ✓ Am I choosing this from purpose or pressure?
- ✓ What will this cost me?
- ✓ If I say yes today...
what will Future Me wish I had done?

Sometimes protecting yourself is the most generous thing you can do.

SIGNATURE SESSION

You Matter Too: *Reclaiming Access to Yourself*

— ♥ —

A leadership reset for people
who spend their lives caring for
everyone else.

Deborah Jones
EXECUTIVE LEADERSHIP COACH
SPEAKER • FACILITATOR

PERFECT FOR

-  School Districts
-  Leadership Retreats
-  Conferences
-  Women's Events
-  Corporate Learning
-  Healthcare
-  Nonprofits

 SCAN TO
Watch
VIDEO
TESTIMONIALS
ON DEBORAH
AS A WORKSHOP
FACILITATOR



♥ LEAD WITH GRACE. LIVE WITH PURPOSE. YOU MATTER TOO. ♥

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My Commitment

The change starts with me.

This school year...

I will protect my

because

Keep your key where you'll see it.

Let it remind you...

Don't lock yourself out.

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Stay Connected

I'd love to continue encouraging you throughout the school year.

Scan the QR code to access:

- ✓ Free coaching resources
- ✓ Reflection guides
- ✓ Workshop highlights
- ✓ Upcoming You Matter Too experiences
- ✓ Coaching opportunities

www.debijoco.com/youmattertoo

Remember...

Before you're an educator...

Before every role you serve...

You're a human being.

And that human being matters too.

— Deborah Jones, PCC