

June 2026: The Art of the Finish - Closing Strong and Finding Your Summer MUSE



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As June arrives, we invite you to take a literary approach to the end of the school year, finally getting to the final chapter of a book you've been writing all year. The pages are filling up fast, the energy is intense, and everyone is racing to bring the story to a meaningful close!

Often, we sprint to the final page, slam the book shut in exhaustion, and then wonder why we feel depleted all summer instead of recharged.

This June, let's shift the narrative. Let's close the chapter intentionally and use summer to take ownership of the various aspects of your personal wellness by simply looking at what has worked for you and what has not. What inspires you as you move toward a new, and hopefully more exciting, school year?



The Art of the Intentional Ending

🍏 Thank you, Teachers! You've given everything this year. Every lesson, every relationship, every pivot, every late night. You've been curator, connector, guide, and gardener all at once.

True wellness is a manifestation of the life you have created, and your individual degree of wellness is influenced by everything you do. Every action or inaction, every dream discovered, deferred, or discarded, contributes to a life well lived or a lifeless well. As June winds down, it is time to honestly assess: What has this year given to you? What has this year taken from you? And what do you need to restore this summer?

Focus on the finish that purposefully commits to your own wellness by:

1. Naming Your Harvest: What grew this year? Not what you planted, expecting results, but what actually bloomed.

That unit that surprised you.

That student breakthrough you didn't see coming.

That collaboration that energized you.

These are the seeds worth saving for next year.

2. Assessing Your Wellness Honestly:

Check judgment at the door. Look at this simply as the data that is your starting point, and rate yourself truthfully on a scale of 1-10:

Energy levels

How has this year filled your cup physically, emotionally, and mentally?

What has this year cost you physically, emotionally, and mentally?

What patterns keep showing up in your stress levels, sleep, and eating habits?

When was the last time you felt truly rested?

Take the time to deeply reflect. This truth is your foundation.

2. Identifying Your Focus Points (For School AND Self):

You can't address everything over the summer. What are the 2-3 high-impact changes that would make the biggest difference-

For your school/organization?

For your personal wellness?

Both matter. You need strategic priorities for your work AND for yourself.

3. Building Sustainability Into Your Systems:

If you're the only one who knows how things work, you've built a system that requires you to be exhausted. Use summer to:

Document processes so knowledge doesn't live only in your head.

Develop and empower other leaders so they can make meaningful contributions.

Create rhythms that allow you to actually rest during the school year.

4. Finding Your MUSE What inspires you?

What energizes you? What makes you feel alive outside of your leadership role? This summer, reconnect with that. Your inspiration is what will sustain you through every season of the new year.

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It takes courage to
rest and play in a
culture where
exhaustion is seen as a
status symbol.

Brene Brown

#pccyogatherapy

”

As Brené Brown notes, many of us have a toxic relationship with exhaustion. We wear our tiredness like a badge of honor and compete over who's most burned out. Suffering is not commitment. Let's end that narrative now.

What is your narrative right now? The life you have is the one you created. The life you want is the one you should live. If it doesn't exist, create it this summer!

Closing strong doesn't mean collapsing at the finish line. It means crossing it with enough energy left to actually enjoy summer, restore your body and mind, and return in August as someone who can thrive, not just survive. Summer can be about becoming a more rested, balanced, sustainable you.



🌞 June Commitment for Teachers

Finish your year with intention and start your summer with purpose:

Complete your harvest reflection - What grew? What taught you? What are you planting next?

Assess your wellness baseline - Rate your current state honestly: energy, sleep, stress, nutrition, movement, emotional health

Set your summer wellness goals - Who do you want to be in August? What needs to change to get there?

Commit to ONE area of focus - You can't overhaul everything. Pick one place to start: nutrition, sleep, stress management, or movement.

🌞 June Commitment for Leaders

Set yourself up for organizational AND personal success:

Honest inventory - Assess both your school/program AND yourself. Where are the gaps?

Dual strategic priorities - Identify 2-3 priorities for your organization AND 2-3 for your personal wellness

Build sustainable systems - Document, delegate, develop others so you create a culture of care for everyone, including you

Schedule restoration - Block real time off. Protect it. Celebrate it. Model the wellness you want your staff to practice. You will all be grateful for the gift of true time off.

SUMMER MUSE

Stay tuned for next week, when we'll be posting The Educator's Summer MUSE Challenge, an 8-week wellness journey designed specifically for educators and leaders. Each week focuses on a different aspect of personal wellness:

Week 1: Your Future Self

Week 2: Finding Your Sweet Spot

Week 3: How Do You Show Up?

Week 4: Getting Unstuck

Week 5: The Burden of Responsibilities

Week 6: Letting Go of F.E.A.R. (Taking Risks & Trusting Yourself)

Week 7: Be Your Own Best Friend

Week 8: Asking For What You Want

By the end of 8 weeks, you'll have developed practical tools to help you live more empowered through simple acts of intention.



Your wellness isn't just about one thing. It's not just nutrition, or just exercise, or just sleep, or just stress management. What you eat affects how you sleep. How you sleep affects your stress levels. Your stress affects your food choices. Your movement affects your mood. Your mood affects your relationships. Everything is connected.

This summer, you're not just "taking time off." You're restoring your whole system.

This year is almost over. You made it. Now finish strong, rest well, and use your summer to become the person you want to be when you return, the brilliant self who enters August restored, inspired, and ready to thrive.

Challenge yourself to move beyond what is familiar. Give yourself permission to do something different. Your Summer MUSE Challenge begins now. We can't wait to see what you will create!



This resource draws inspiration from Muse Wellness Company's "The EmPOWERed Soul: Inspiring Wellness Through Simple Acts of Intention" series. Their holistic approach to wellness, addressing nutrition, sleep, stress, movement, and overall lifestyle, aligns perfectly with what educators need as they transition from school year exhaustion to summer restoration. Learn more about holistic wellness approaches at musewellness.com.



Your xSELeratED June Bonus Resource!



The Educator's Summer MUSE Challenge

We often talk about "self-care" but struggle to make it concrete. What does restoration actually look like? How do we move from exhaustion to renewal? Enter the concept of your MUSE, your source of inspiration that encourages you to create the life and body you want, not just the one you've defaulted to during the school year.

Inspired by The Muse Challenge's 8-week framework, here's a modified Summer Wellness Journey. This is a version designed specifically for educators and leaders to help you live brilliantly from head to soul.

WEEK 1: The Ideal Self

Who do you want to be when you return in August?

Reflection Questions:

- What does your ideal self look like physically, emotionally, mentally?
- What energy do you want to bring to your classroom/school next year?
- What version of yourself feels most authentic and alive?

Muse-Inspired Action: Create a vision of your "August self." Not the exhausted person who limped into June, but the restored, energized person you're becoming this summer.

Wellness Focus:

- Assess your current state honestly (sleep quality, energy levels, stress)
- Identify one small nutrition change you can make this week
- Schedule a wellness check-in with yourself every Sunday