



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

WEEK 2: The True Self

Turning what you don't like into something useful

Reflection Questions:

- What patterns from this school year drained you?
- What can you learn from your stress points?
- How can you transform exhaustion into information?

Muse-Inspired Action: Instead of beating yourself up for being tired or for the habits you developed during the school year, get curious. What was your body/mind trying to tell you?

Wellness Focus:

- Track your sleep for one week and notice patterns
- Identify which foods make you feel energized vs. sluggish
- Notice when stress shows up in your body (tight shoulders? stomach issues?)

WEEK 3: What Inspires You

Reconnecting with your muse

Reflection Questions:

- What activities make you lose track of time in the best way?
- What relationships fill you up rather than drain you?
- What did you used to love doing before teaching consumed your life?

Muse-Inspired Action: Make a "joy list" of things that inspire you and commit to doing at least THREE of them this summer. A gentle reminder not to focus on "productive" things, but truly joyful ones.

Wellness Focus:

- Movement that feels good (not punishment for "earning" rest)
- Creative expression (art, music, writing, gardening)
- Time in nature without your phone

WEEK 4: Habits & Choices

The ingredients for a healthy lifestyle

Reflection Questions:

- What are your current default habits around food, sleep, movement, stress?

- Which habits serve you? Which don't?
- What's ONE habit you want to establish before school starts?

Muse-Inspired Action: You don't need to overhaul everything. Pick ONE area (nutrition, sleep, stress management, movement) and make one sustainable change.

Wellness Focus:

- Meal prep one day a week so healthy food is accessible
- Establish a consistent sleep schedule (yes, even in summer)
- Try one new stress-reduction technique (meditation, breathing exercises, journaling)

WEEK 5: Letting Go & Moving Forward

Release what no longer serves you

Reflection Questions:

- What guilt are you carrying from this school year that you need to release?
- What expectations (yours or others') do you need to let go of?
- What story about yourself needs rewriting?

Muse-Inspired Action: Write down everything you're releasing. Every "should," every regret, every piece of guilt. Then literally let it go (tear it up, burn it safely, bury it in the garden).

Wellness Focus:

- Practice saying no to things that deplete you
- Set boundaries around school email/work during summer
- Forgive yourself and celebrate being human

WEEK 6: Taking Risks & Trusting Yourself

Permission to try something new

Reflection Questions:

- What have you been wanting to try but kept putting off?
- What scares you a little but also excites you?
- What would you do if you trusted yourself more?

Muse-Inspired Action: Do ONE thing this summer that's outside your comfort zone. Not because you "should," but because growth happens at the edges.

Wellness Focus:

- Try a new type of movement (dance class, kayaking, yoga)
- Experiment with cooking something completely new
- Have a conversation you've been avoiding

WEEK 7: Being Good to You

Self-compassion as a practice

Reflection Questions:

- How would you treat a friend who was as exhausted as you are?
- Where do you need more gentleness with yourself?
- What does "being good to you" actually look like in practice?

Muse-Inspired Action: This week, treat yourself like you would your best friend. Rest without guilt. Enjoy without earning it. Simply BE without having to produce.

Wellness Focus:

- One thing that feels luxurious (massage, long bath, afternoon nap)
- Positive self-talk (notice negative self-talk and reframe it)
- Celebrate your body for what it DOES, not just how it looks

WEEK 8: Rewriting Your Story

Identifying what matters most

Reflection Questions:

- What are the most important aspects of your redefined life going into next school year?
- What systems or support do you need to maintain your wellness during the school year?
- What will you do differently in August than you did last August?

Muse-Inspired Action: Create your "Wellness Toolkit" for the school year with specific strategies for stress, quick healthy meals, movement that fits your schedule, boundaries you'll maintain.

Wellness Focus:

- Write your "wellness non-negotiables" for next school year
- Schedule wellness check-ins for the upcoming school year (monthly)
- Identify your accountability partner or support system

Key Principles for Educators & Leaders

Drawing from Muse Wellness philosophy, here are core concepts to carry through summer:

- 1. Your Body Tells a Story:** What you eat, how well you sleep, and what you stress about affects both how your body looks on the outside and works on the inside. This summer is about listening.
- 2. Brilliance Isn't Perfection:** You don't have to "optimize" your summer or have the "perfect" wellness routine. Brilliance is simply becoming a better, more authentic version of yourself.
- 3. Small Changes, Big Impact:** You don't need a complete life overhaul. One sustainable change in nutrition, sleep, stress management, or movement can create a ripple effect.
- 4. Wellness Is Holistic:** Physical health, emotional health, mental clarity, and soul nourishment are all connected. You can't fix one while ignoring the others.

Your Summer Wellness Assessment

Rate yourself honestly (1-10 scale):

Current Energy Level: ____

Sleep Quality: ____

Stress Level: ____

Nutrition Quality: ____

Movement/Activity: ____

Emotional Wellbeing: ____

Work/Life Balance: ____

Overall Satisfaction: ____

By the end of summer, I want these numbers to be:

Energy Level: ____

Sleep Quality: ____

Stress Level: ____

Nutrition Quality: ____

Movement/Activity: ____

Emotional Wellbeing: ____

Work/Life Balance: ____

Overall Satisfaction: ____

My Top 3 Summer Wellness Goals:

1. _____
2. _____
3. _____

Muse Wellness

Live brilliantly from head to soul!

If you want to go deeper:

The concepts in this guide are inspired by Muse Wellness Company's holistic approach to wellness. Their philosophy, "Live brilliantly from head to soul," reminds us that wellness isn't just about the physical body, but about creating the life you want to live.

Consider exploring:

- The Muse Challenge: An 8-week guided wellness program
- The Happy Muse blog: Tips and motivation for your wellness journey
- Personalized wellness coaching focused on nutrition, lifestyle, and balanced living
- Learn more at: www.musewellness.com

Remember that investing in your wellness isn't selfish. It is essential.

This summer, fill your cup!