



UNBREAKABLE

An Educator's Guide to Empowering Your Inner Strength in schools

BY CRAIG AARONS-MARTIN



Special Message For You

Dearest Beloved Human,

Let's begin with a simple truth: the work you do is extraordinary. Every day, you give so much of yourself—your time, your energy, your heart—to support and shape the lives of young people. In a world that asks you to be endlessly giving, you're here, seeking a little bit of that care and support for yourself. And you deserve it.

This workbook is for you. It's a space where you can explore ways to build resilience, nurture your well-being, and protect your sense of purpose. As Michelle Obama once said, "We need to do a better job of putting ourselves higher on our own 'to do' list." And that's exactly what this workbook is about—giving you permission to prioritize you, not just as an educator but as a person with your own hopes, fears, and needs.

You may feel pulled in every direction, asked to do more with less, or overwhelmed by things that seem out of your control. In those moments, I want you to remember this quote from Dr. Brené Brown: "You can't get to courage without walking through vulnerability." This workbook will invite you to acknowledge the hard stuff, to sit with the vulnerability, and then to move forward with courage. It's an invitation to release the weight of what you can't control and instead, focus on the power of what you can.

As educators, you're leaders and change-makers, but you're also human. You have permission to care for yourself with the same love and compassion you give to your students. "Caring for myself is not self-indulgence," writes Audre Lorde. "It is self-preservation, and that is an act of political warfare." When you take the time to preserve and protect your mind, body, and spirit, you're not only serving yourself but also building a foundation from which you can continue to give without depleting yourself.

This workbook is designed to help you find small moments of peace, gratitude, and strength, even in the busiest days. You'll find strategies for managing stress, setting boundaries, practicing mindfulness, and embracing the practice of gratitude. These tools won't change the circumstances you face, but they can change how you navigate them.

My challenge to you is this: shift your thinking. When the world feels heavy, and you're carrying what seems like too much, remember that while you may not control every circumstance, you can control how you respond. You can control how you show kindness to yourself, how you honor your needs, and how you allow yourself to be human, beautifully and fully.

Think of this workbook as a toolkit, a guide, and a gentle reminder that you are worthy of care. Take it at your own pace. Use what resonates, and come back to it whenever you need. As you move through these pages, know that you're not alone in this journey. You are part of a community of educators who are learning, growing, and healing together.

Let's take this journey with grace, compassion, and courage.

With heartfelt appreciation for all you are and all you do,

Craig Arons-Martin



Daily Affirmation

**I FORGIVE MYSELF FOR NOT LIVING UP TO
MY OWN EXPECTATIONS.**

I FORGIVE MYSELF FOR FALLING OFF TRACK.

**I FORGIVE MYSELF FOR NOT ALWAYS
HAVING THE PERFECT BODY.**

**I FORGIVE MYSELF FOR NOT ACCOMPLISHING
EVERYTHING ON TIME.**

**I FORGIVE MYSELF FOR NOT ALWAYS
LISTENING TO MY INNER VOICE.**

**I FORGIVE MYSELF FOR THE LACK OF
DISCIPLINE I HAVE IN THAT ONE AREA.**

I FORGIVE MYSELF FOR BEING HUMAN.



**I WILL BE KIND TO MYSELF.
I WILL BE GENEROUS WITH MYSELF.
I WILL GIVE MYSELF GRACE.**

I AM LOVED.

I SEE ME.

TODAY WILL BE BETTER THAN YESTERDAY.

LET'S ASSESS



FINDING NOURISHMENT IN YOUR NETWORK

Identify one colleague you can talk to when you feel overwhelmed.
What do you need from them to feel heard and safe?

ACTION PLAN

○

Make a list of three people outside of work who can provide support to you.
What do you need from them to feel heard and safe?

ACTION PLAN

○

○

○

Identify one colleague you can schedule a collaborative planning session or mastermind to
help lighten the load. What is one area you want a lighter lift?

ACTION PLAN

○

Identify a wellness or safe space to join within your school, district, or community.
Or schedule a visit to that space/group soon. Commit to 1 session.

ACTION PLAN

○



Setting Boundaries for A Better You

DATE ____ / ____ / ____

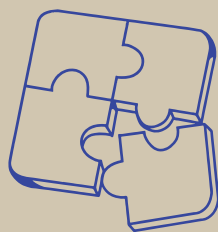
S M T W T F S

C H E C K L I S T

- | | |
|--|--|
| <input type="radio"/> SET TIMES TO CHECK EMAIL | <input type="radio"/> TAKE A LONG BATH |
| <input type="radio"/> DON'T CHECK EMAIL AFTER 6PM | <input type="radio"/> DO A FACE MASK |
| <input type="radio"/> HOLD BOOK CLUB TO READ MORE | <input type="radio"/> SCHEDULE A WEEKLY WIND/WINE DOWN |
| <input type="radio"/> SCHEDULE BRAIN BREAKS/MEDITATIONS | WITH A FRIEND |
| <input type="radio"/> HOLD WALKING MEETINGS | <input type="radio"/> MEDITATION |
| <input type="radio"/> WALK ON GRASS | <input type="radio"/> WATCH A MOVIE |
| <input type="radio"/> COMMIT TO "NO-WORK" DAYS | <input type="radio"/> CUDDLE A PET OR HUMAN |
| <input type="radio"/> TAKE THE "MENTAL HEALTH" DAY | <input type="radio"/> TRY A NEW RESTAURANT |
| <input type="radio"/> TAKE THE *INTERESTING* PD WORKSHOP | <input type="radio"/> SUBSCRIBE TO A MEAL PREP SERVICE |
| <input type="radio"/> VOICE THE BOUNDARY & STICK TO IT | <input type="radio"/> NO MEDIA 30 MINS BEFORE BED |

WORKOUT

- | | | |
|-------------------------------|--------------------------------|-----------------------------|
| <input type="radio"/> CARDIO | <input type="radio"/> WEIGHT | <input type="radio"/> YOGA |
| <input type="radio"/> STRETCH | <input type="radio"/> REST DAY | <input type="radio"/> OTHER |

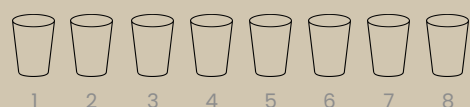


THINGS THAT MAKE
ME HAPPY TODAY

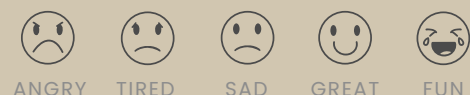
HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



MOOD



Emotional Resilience Daily Check-In



SELF-CARE CHECKLIST

- ☐ I started off the day with an affirmation, meditation, or prayer.
- ☐ I have forgiven myself for my humanness.
- ☐ I have connected with a beloved.
- ☐ I have practiced mindfulness for 10 seconds or more.
- ☐ I have done something to nourish myself.

SETTING 3 GOALS FOR TODAY

☐☐☐

MOVEMENT

- | | |
|-------------------------------|--------------------------------|
| <input type="radio"/> CARDIO | <input type="radio"/> WEIGHT |
| <input type="radio"/> STRETCH | <input type="radio"/> REST DAY |
| <input type="radio"/> YOGA | <input type="radio"/> OTHER |

HOURS OF SLEEP (Hours)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8

WATER BALANCE (Glass)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8

MOOD

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ANGRY	TIRED	SAD	GREAT	FUN



Daily Gratitude Journal

A gratitude journal is like your personal highlight reel, where you focus on the good stuff that happens each day. It's not just about big wins, but also the small, often overlooked joys. Let's break it down:

Date:



MON



TUE



WED



THU



FRI



SAT



SUN

THREE THINGS I'M GRATEFUL FOR TODAY:

1. _____
2. _____
3. _____

Daily Wins (tasks completed, positive feedback, or little achievements):

CHALLENGES OVERCOME:

INSPIRING MOMENTS:

ACTS OF KINDNESS:

MEANINGFUL CONVERSATIONS:



28-Day Gratitude Journal Challenge

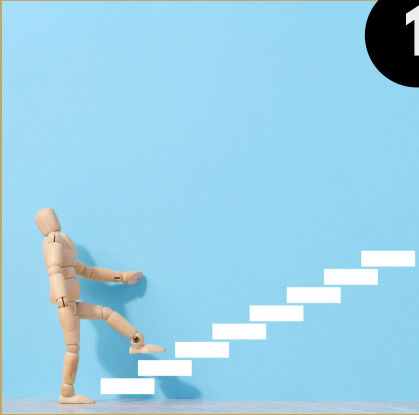
DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1	Write down three things you are grateful for today.	Call or text someone you appreciate and let them know why you are grateful for them.	Write about a person who has positively impacted your life and why you are thankful for them.	Make a list of five things that bring you joy and gratitude.
2	Take a moment to appreciate something in nature, whether it be a beautiful view or the feeling of the sun on your skin.	Write about a place you are grateful for, whether it be your home, a favorite vacation spot, or a cozy coffee shop.	Think about a talent or skill you have that you are grateful for and write about how it has positively impacted your life.	Write a thank you note to someone who has made a difference in your life.
3	Write about a moment or experience that made you feel grateful or blessed.	Take a moment to appreciate your body and write about three things you are thankful for in regards to your health.	Write about a material possession you are grateful for and why it brings you joy.	Take a moment to appreciate your job or career and write about how it has positively impacted your life.
4	Write about a friend or family member who has been there for you through thick and thin, and how they have positively impacted your life.	Make a list of five things you are looking forward to in the future and why you are grateful for them.	Take a moment to appreciate your community and write about something you are thankful for in regards to where you live.	Write about a book or movie that has inspired you and how you are grateful for its impact on your life.
5	Write about a time when someone showed you kindness and how it impacted your life.	Write about a spiritual belief or practice that brings you gratitude and peace.	Take a moment to appreciate the technology you use on a daily basis and write about how it has positively impacted your life.	Write about a food or meal you are grateful for and why it brings you joy.
6	Write about a challenge or obstacle that you are grateful for because it taught you something important.	Make a list of ten things you are grateful for right now.	Write about a pet or animal you are grateful for and how they bring joy to your life.	Take a moment to appreciate your senses (sight, smell, taste, touch, and hearing) and write about three things you are grateful for in regards to each sense.
7	Write about a teacher or mentor who has positively impacted your life and how you are grateful for their influence.	Take a moment to appreciate your sense of humor and write about three things that make you laugh or smile.	Write about a historical figure or event that you are grateful for and how it has positively impacted your life.	Make a list of three things you are grateful for in regards to your personal growth or development.



Building Resilience as a Habit of Mind

PLANNING AHEAD

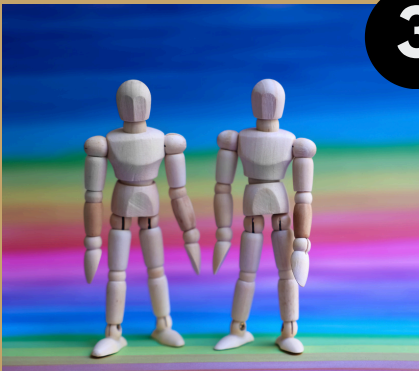
1. Write down one resilience-building goal you want to focus on for the next month.
2. Break down the goal into smaller, manageable steps. Schedule a time, weekly, to check progress.
3. Connect with an accountability partner who will commit to weekly check-ins on your progress.



1



2



3

notes



About THE CREATOR

Craig Aarons-Martin proudly serves as the CEO of CCM Education Group, an education consulting agency and progressive think tank dedicated to co-creating solutions in school

leadership, cultures of belonging, change management, and equity. His work extends beyond pre-K through 12 education to include partnerships with Fortune 500 companies and other organizations, driving transformative change through culture, inclusion, and belonging.



**DO YOU NEED
MORE HELP?**

SCHEDULE A CALL



SCAN ME



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