

# CERTIFICATE OF WELLNESS COMMITMENT

This certificate is proudly presented to

.....

for completing the *Teacher Self-Care Journal* journey – 90 days of reflection, mindfulness, and personal renewal. Your dedication to self-care reflects a deep commitment to your own well-being and serves as an inspiring reminder of the power of rest, balance, and intentional living.

## YOU'RE ELIGIBLE TO ENTER THE \$200 TEACHER SPA GIFT CARD RAFFLE!

Scan the QR code to submit your entry for a chance to win a \$200 Spa Gift Card.

Drawing Dates: December 1 • March 1 • May 1  
Winners will be announced on our social media!

