

6 Summer Wellbeing Boosts



5-minute daily practices for school leaders and executives

Leading a school is demanding. These 6 simple wellbeing boosts are designed to help you rest, recharge, and lead with clarity and calm this summer. Pick one each day or focus on one per week. Whatever fits your schedule.

Week	Boost Title	Focus Area	Impact & Energy Rhythm
1	Breathe Better	Calm & Nervous System Reset	Supports unwinding and embodied calm
2	Gratitude Pause	Positive Emotion & Mindset Shift	Builds emotional grounding and perspective
3	Get Outside	Nature Connection & Vitality	Re-engages your energy gently through natural space
4	Stretch & Move	Physical Energy & Motivation	Boosts momentum and uplifts mood
5	Morning Clarity	Intention Setting & Focus	Cultivates active calm and purposeful start
6	Connect with What Matters	Purpose & Leadership Alignment	Reinforces values and readiness for the year ahead
Bonus	Reflect & Reset for September	Reflection & Planning	Helps you transition with insight and clear intention

How Each Boost Works

If you choose to sign up at [Lionheart Coaching](#) and that is completely optional because you can follow this guide, then each practice includes:

- A brief introduction: Why this matters to your wellbeing and leadership
- 3 simple, actionable steps: Quick ideas you can do anytime, anywhere
- A coaching question: To deepen your self-awareness and reflection
- Time commitment: Just 5 minutes to shift your mindset and energy

Bonus Coming Soon!

After Week 5, you'll receive a special bonus to help you reflect and plan gently for the new school year plus an invitation to a free leadership clarity coaching call to support your next steps.

Ready to refresh your leadership this summer? Let's take this journey together.

