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Please enjoy this complimentary excerpt from Social Emotional Well-Being for Educators, by Michelle L. Trujillo.

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Baseline Social Emotional Well-Being Check-In

BE REFLECTIVE	VERY CHALLENGING FOR ME	CHALLENGING FOR ME	FAIRLY NATURAL FOR ME	VERY NATURAL FOR ME
I recognize my emotions and feelings with ease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I consider the root cause of my emotions or feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I contemplate the way in which my emotions physically manifest themselves in my body.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am aware of the way in which my emotions or feelings may impact the outcome of a life situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I consider my attitude first thing each morning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I consider the impact my attitude, words, and/or behaviors may have on others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I recognize my strengths of character and vocational talents.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I seek opportunities for personal growth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I seek opportunities for professional growth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I recognize when I respond to people or situations from a place of love versus fear.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am willing to consider and intentionally change my thoughts or ways of being that make assumptions, are judgmental, and/or unintentionally or explicitly express bias.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BE INTENTIONAL	VERY CHALLENGING FOR ME	CHALLENGING FOR ME	FAIRLY NATURAL FOR ME	VERY NATURAL FOR ME
I focus on one task at a time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I set aside my phone when in the presence of others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I remember people's names when first introduced.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am organized and take time to practice stress management techniques.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I let go of situations that are out of my control.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I give myself grace when my plans don't go as I intended.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I leave work at work, in order to focus on family, friends, and/or personal responsibilities at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I allow myself to try new things, even if failure is likely, in order to learn and grow.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I redirect or walk away from negative conversations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I see an unjust situation occur, I say something or do something in an effort to promote justice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I structure each day so that when my students walk into my class, I can immediately give them my full attention.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I feel anxious, frustrated, angry, overexcited, or any other emotion that causes my adrenaline to increase, I take at least one intentional breath.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I feel overwhelmed or frustrated, I calmly let others know how I am feeling and/or request a moment to breathe or refocus.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BE EMPATHETIC	VERY CHALLENGING FOR ME	CHALLENGING FOR ME	FAIRLY NATURAL FOR ME	VERY NATURAL FOR ME
I listen well without thinking about what I want to say in response.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I listen without interrupting, even when I disagree with what is being shared.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In unfamiliar situations, I seek <i>first</i> to understand.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I refrain from making judgments about others whose lives and experience may be different from mine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am compassionate when someone is in need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I take the perspective of others to attempt to see situations, ideas, and opinions through their viewpoint.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I read articles and books that inform my understanding of disparities that exist regarding race, ethnicity, gender, ability, religion, and socioeconomic status, especially those that differ from my own.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I initiate conversations with people who have life experiences that differ from mine in an effort to gain insight and understanding.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I engage in restorative practices in an effort to build relationships with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I ask, "What happened?" or "Can you tell me more?" as opposed to "Why did you do that?"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I participate in opportunities to serve my community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BE CONNECTED	VERY CHALLENGING FOR ME	CHALLENGING FOR ME	FAIRLY NATURAL FOR ME	VERY NATURAL FOR ME
I make eye contact with others (if/when appropriate) and greet people by name.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I kinesthetically connect with others when safe and appropriate (i.e., handshake, high five, fist bump, or side hug).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I ask, "How are you?" and stop to look at the person as I listen to their answer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I seek to understand the story behind the customs, traditions, and ways of being of others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I establish healthy relationships that enrich my social emotional well-being.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I maintain healthy relationships that enrich my social emotional well-being.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I communicate well with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I willingly collaborate and work well with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I practice random acts of kindness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I offer assistance without hesitation when a student, colleague, or friend needs support or help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I offer assistance without hesitation when a stranger with whom I cross paths needs support or help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I share my vocational passion, talents, and interests with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I demonstrate respect for others by listening well and honoring their views and perspectives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I take time to get to know others by showing interest in their endeavors and asking them to share their life or learning experiences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BE ACCOUNTABLE	VERY CHALLENGING FOR ME	CHALLENGING FOR ME	FAIRLY NATURAL FOR ME	VERY NATURAL FOR ME
I make responsible decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am reliable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make time to exercise at least three days per week in order to attend to my physical well-being.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I seek support when necessary to nourish my mental and/or emotional well-being.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I set boundaries that support my social emotional well-being.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I engage in at least one behavior per week that nurtures my spiritual well-being, such as praying, meditating, being in nature, or attending a religious ceremony.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I consider the impact of my choices on others when I make decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am culturally aware and responsive in my vocational practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am ethically aware and responsive in my vocational practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I follow rules or protocols without exception.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I sincerely and verbally take responsibility for choices I make that negatively impact myself or others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I seek sincere forgiveness when my words, attitudes, or behaviors negatively impact another.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I do the right thing, even when no one is watching.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make a concerted effort to respond to situations from a place of love, as opposed to fear.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I take a stand against inequity and injustice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BE EQUITABLE	VERY CHALLENGING FOR ME	CHALLENGING FOR ME	FAIRLY NATURAL FOR ME	VERY NATURAL FOR ME
I recognize my own explicit biases.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I recognize my own implicit biases.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I honor and respect the language, customs, and cultural norms of others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand historical and systemic inequities based on race, ethnicity, gender, ability, religion, socioeconomic status, and more.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I respectfully engage in conversations with others whose cultural experiences differ from my own in order to learn, grow, and act in a fair and impartial manner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I notice and respectfully confront injustice and/or inequities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I set high expectations and provide high support for <i>all</i> students (and staff).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I consider the needs of <i>all</i> students (or staff) when designing instruction or making decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I differentiate instruction or activities to meet the needs of <i>all</i> learners.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I consider accessibility barriers and make necessary modifications when assigning tasks or homework.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I create opportunities to learn about the customs, traditions, and ways of being of others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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