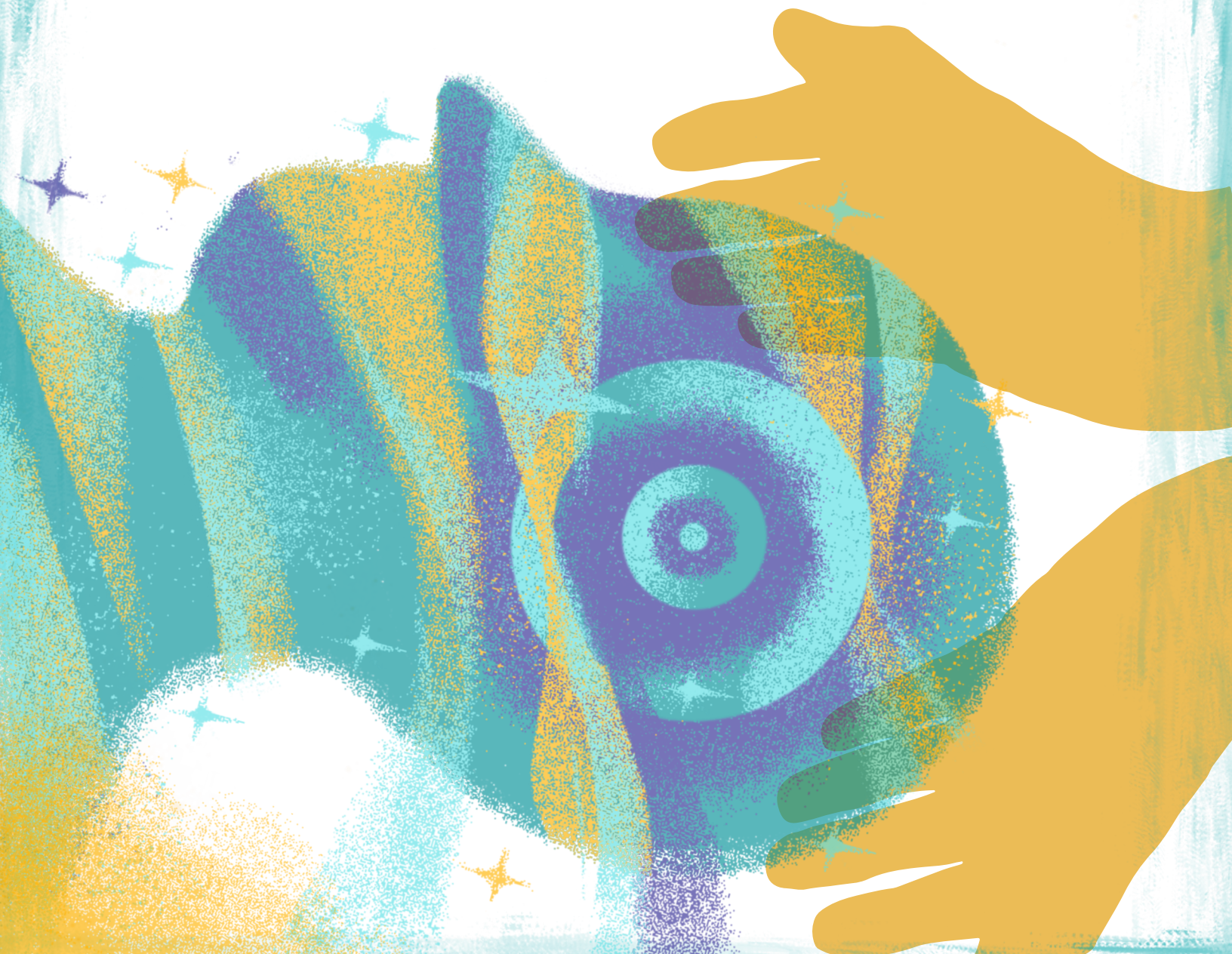




# NeuroAligned

The Sacred Science of Teaching

## Teacher Reflection Journal









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## **Weekly Review: What Worked / What Needs Adjusting**



**What Worked:**

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**What Needs Adjusting:**

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## Coherence Reminder & Breathing Practice

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Teaching asks so much of the heart. This page is your gentle pause, a space to return to yourself before stepping back into the flow of the day. When your nervous system is regulated, your students feel it. When your heart is steady, the classroom steadies with you.

### The Coherence Breath

This simple practice helps your body shift into a calmer, more balanced state. It only takes a minute, yet the ripple effect lasts much longer.

How to practice:

- Sit or stand comfortably, with your shoulders relaxed.
- Inhale slowly for 5 seconds, letting the breath expand gently.
- Exhale for 5 seconds, releasing any tension.
- Continue this rhythm for 1–2 minutes.
- Bring your attention to the area around your heart — imagine breathing from that space.

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As you breathe, let your mind soften.

Notice the shift: a little more clarity, a little more steadiness, a little more space.

Use this practice anytime you feel overwhelmed, rushed, or disconnected. It's a reset that brings coherence to your body and compassion to your teaching.

You deserve moments of calm.

**Your students benefit from your presence.**

