



SAVERS for Scholars & Change-Makers

Daily Practice Worksheet

Use this worksheet to center your values, energize your work, and align your actions with your mission. Choose one or more sections to complete each day.



S – Strategic Stillness

Prompt: What question or value do I need to center today?

☐ Sit quietly for 2–5 minutes.



Reflection:



A – Anchored Intentions

Prompt: What intentions will guide my work today?

☐ Write 1–2 statements rooted in your scholarly mission or community impact.



Examples:

- “I write to honor lived experience.”
- “My work bridges theory and justice.”



Your Intentions:

1.

 2.

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V – Vision Mapping

Prompt: What does success look like for my current goal or legacy?

☐ Sketch, list, or describe a vision related to your research, teaching, or impact.



Vision:

 E – Embodied Momentum

Prompt: How will I move today to support clarity and resilience?

☐ Choose a movement: walk, stretch, dance, breathe.

 *Activity:* _____

 *How did it shift your energy?*

 R – Radical Reception

Prompt: What insight or challenge does today’s reading offer?

☐ Read a passage (book, article, quote).

 *Text:* _____

 *Reflection:*

 S – Reflective Composition

Prompt: “Today, I will honor my values by...”

☐ Journal for 5–10 minutes.

 *Entry:*
