



JOURNAL

A DAILY
REFLECTION

There is no right or wrong way to use this journal, go in order, skip pages, do some pages more than once. The prompts at the top of each page are designed to help you think, process, and let go.

“ An amazing thing happens when you get honest with yourself and start doing what you love, what makes you happy. Your life literally slows down. You stop wishing for the weekend. You stop merely looking forward to special events. You begin to live in each moment and you start feeling like a human being. You just ride the wave that is life, with this feeling of contentment and joy. You move fluidly, steadily, calm, and grateful. A veil is lifted and a whole new perspective is born. “

When I first started teaching, my older brother, who is also a teacher gave me this advice.... it's always stuck with me.

"Sometimes, you're going to teach a class and it's going to suck. Send the kids out the door, say well, that sucked... and start over."

Write down what didn't go well today, and then let it go.

When you walk into your classroom in the morning how do you want to feel?

Write down three things that you can do today to create that feeling.

1.

2.

3.

When your students walk into your classroom, how do you want them to feel?

Write down 3 things that you can do today, that will help students to feel that way.

1.

2.

3.

How do you want to be remembered?

What will be your legend?

What is your personal mission statement for your classroom?

What do you wish that your students knew about you?

What do you wish your boss knew about you?

What do you wish your co-workers knew about you?

What do you feel guilty about?

Write down your to do list. Cross off everything that isn't essential.

What are you grateful for today?

Write down everything that's frustrating you.
Cross off the things that you can't change.

What are two ways that you can bring more choice into your classroom?

Write about a time when you felt supported at work.

Write down all of the times that you wish you felt supported, but didn't.

Write down 3 things that went well today.

What is one thing that didn't go well today,
and what changes could you make so that it
doesn't happen again.

Write down your favorite thing that a student said today.

Practicing empathy: stories: what are you
students stories?

This is your permission slip to do whatever
you want to do or not do.

“ Focus creates expansion.” Where do you need to focus?

**How can you rebel, today,
tomorrow, this week, this year ?**

What's expected of you? How does it make you feel?

What do people thank you for? How can you do more of that?

How have you changed?

List 10 things that you'd like to try in your classroom. (pretend that you have everything that you need)

How does the experience that you had when you went to school, impact your teaching?

What problems would you like to solve in your classroom?

What problems would you like to solve in your school?

What problems would you like to solve in your district?

What change would you like to create?

What teaching techniques/ strategies don't work for you?

STOP DOING THEM

What's your least favorite thing about teaching? How can you do less of it?

How do you think that your students would describe you?

How would your co-workers describe you?

How would your boss describe you?

I wonder what would happen if.....

Why did you become a teacher? Is that still true for you?

What are you confused about? Who has the answer?

What are you the most excited about?

What is your edge? GO THERE

I AM BRAVE BECAUSE.....

“ Everything you ever wanted is on the other side of fear.” - George Addair

“ One of the happiest moments in life is when you find the courage to let go of what you can't change.”

“ You don't always need a plan. Sometimes you just need to breath. trust. let go. and see what happens. “

“ If I seem too passionate it’s because I care.
If I come on strong, it’s because I feel
strongly. And if I push too hard, it’s because
things aren’t moving fast enough. “

- Leslie Knope