



# 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?**

defy  
your  
fear



#TRUTHBOMB

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



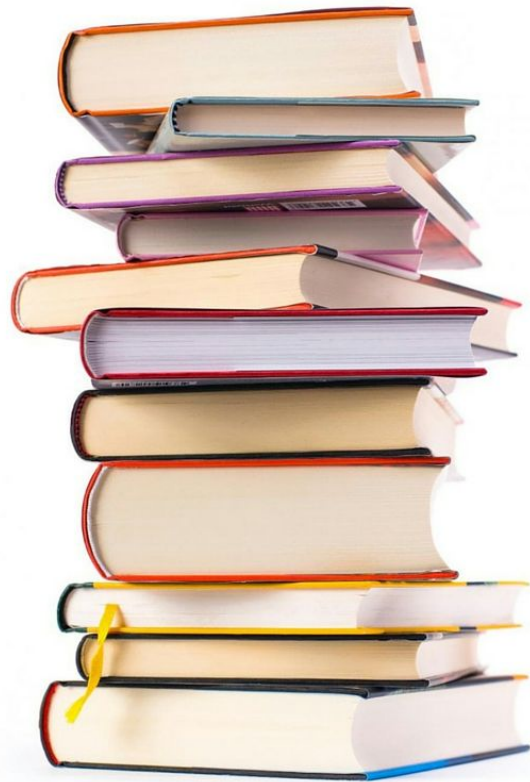
What are two ways that you can bring more choice into your classroom?



**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 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  
breathe. 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**

**Write the email response that you want to send back to the parent... not the professional version.**

**Write down a funny student story.**

Write a note to yourself to read at the beginning of the next school year.

**Write a note to yourself to read at the end of the school year.**

**Write a note to yourself to read when you're having a really hard time.**

"It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing." –Oriah

“A mind which says, ‘I have taken a vow to be something and I am going to be that for the rest of my life’ is called consistent; but it is really a most stupid mind, because it has come to a conclusion and it is living according to that conclusion. It is like a man building a wall around himself and letting life go by.” \_Jiddu Krishnamurti

# STUDENT QUOTES

After giving students the wrong instructions

Me: I'm sorry, you were right, I was wrong, I don't know what I'm saying.

Students: after being thrilled I told them that they were right, responded, it's okay, you look really nice today.

Thank goodness I picked out a nice outfit, otherwise they might not have forgiven me.

student: Mrs. Kane, it is legal to sell people , right?

We had a long conversation , and made sure that he understood that selling humans is in fact , not legal.

During class I was confirming that I'd received emails from students.

Me: Will..... why does your email say that it is from Hugh Janus....

and as the words flowed from my mouth I knew exactly why.

Note: read things in your head before reading them out loud when they are sent by teenagers.



Student: Mrs. Kane, do you want me to take my pants off...

me: ( I gave him a look)

Student: that came out wrong... I meant.... do you think I should take my pants off.

Me: that is not much better

Student: what I mean is, do you think that the assembly will be hot... I get really sweaty, and am trying to decide if I should just wear shorts.

Me: this is far more information than I want to know about you.. I have no idea what the temperature of the assembly will be.... and I have no comment on your pants situation...

**“There are only two ways to influence human behavior: you can manipulate it or you can inspire it. - Simon Sinek**

**“ We are all born with immense natural talents but too few people discover what they are and even fewer develop them properly.”**

student: Mrs. Kane , all I know about the internet is google

Me: well then I'm about to blow your mind

Student: WOW, I could have so much fun with this!

Student: Mrs. Kane those trees were bigger before they cut them

Student: I don't understand why it's so hard for old people to understand technology..... a few seconds later

Mrs. Kane: How do you right click on a Mac?