

### Part 3: Teacher Journal

Intention: These journal prompts, reflection questions, and suggested routines aim to support all educators in personal and professional growth while leading thriving classrooms.

#### Suggestions for Use:

1. Create **sacred space** to “fill your own cup”:
  - Reserve a **separate notebook** specifically for your Teacher Journal.
  - Dedicate a **consistent 5 - 10 minutes** of alone time daily to journal that works for your personal schedule (this can be in the morning when you wake up, during your planning time, in the evening at home, etc.)
2. Practice **self-compassion**:
  - This exercise is all about **progress**, not about getting anything “right.” Therefore create a safe space for yourself to be honest on the page and reflect on your craft the same way you would encourage your students to reflect on their growth.
3. **Efficiently** designed for busy teachers:
  - To make the most efficient use of your daily journaling time, use the **Daily Quick Prompts** to anchor and reflect.
  - At the start and close of the unit, we recommend adding an additional 5 minutes to your journaling session to set overarching **Unit Intentions** and then engage in the **Final Reflections** to close the unit holistically.



<p style="text-align: center;"><b>Overarching Unit Intentions</b></p> <ol style="list-style-type: none"> <li>1. What is your overall aim/hope for yourself as an educator during the next several months? <ul style="list-style-type: none"> <li>○ I want to feel... I desire to be... etc.</li> </ul> </li> <li>2. How do you hope your students feel while in your classroom?</li> <li>3. What are your top 2 to 3 strengths as an educator? In the past, how have those strengths benefitted your students?</li> <li>4. What is one area or skill you'd like to focus on developing during this unit? What is one small thing you could do to begin this development?</li> </ol>	<p style="text-align: center;"><b>Final Reflections</b></p> <ol style="list-style-type: none"> <li>1. Reflect on your overall aims/hopes for yourself as an educator. Did you embody your intentions? Did new ways of being organically develop?</li> <li>2. What moments with your students are you most grateful for from this unit? What joys (big and small) can you celebrate?</li> <li>3. What new strengths developed for you as an educator during this unit?</li> <li>4. Is there another area or specific skill you'd like to make further progress with in the future?</li> </ol>
<p style="text-align: center;"><b>Daily Quick Prompts</b></p> <ol style="list-style-type: none"> <li>1. What are you grateful for today?</li> <li>2. What is one micro intention you can set for you as an educator and leader today?</li> <li>3. What is one win, moment of joy, or success you can celebrate from yesterday/your last class period?</li> <li>4. Is there anything that you are curious about in your classroom or instructional practice that you would like to explore further in order to improve?</li> </ol>	