
Top 10 Habits to Unlock *Teacher Happiness*

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Balance

Happy teachers understand that work/life balance is critical to fighting burnout and living a more fulfilling (less resentful) life. They rule their lives – not their schedules.

How can you be intentional with your time and prioritize things that bring you balance?

Self-Care

Happy teachers value taking care of themselves through intentional rest and play, exercise, relaxation and mindfulness.

How can you take better care of yourself physically, emotionally, spiritually?

Health

Happy teachers understand the importance of the fuel they give their bodies – and plan accordingly. By creating a plan for nutrition and exercise, these teachers set themselves up for success. **How can you fuel your body with the nutrition you need to keep going?**

Organization

Happy teachers set up procedures and systems that keep their classroom (and their to-do list) running smoothly. They remove clutter to cultivate a classroom environment of peace? **How peaceful is your classroom environment?**

Community

Happy Teachers have supportive communities of people in and out of school that they use for encouragement and support. These people keep them positive.

Does your community lift you up or drag you down?

Mindfulness

Happy teachers practice mental regulation. They stay in the moment and make decisions to wisely respond to the difficult moments instead of react.

Do you react or respond in stressful situations?

Gratitude

Happy teachers cultivate gratitude on a daily basis through gratitude journaling. This helps them focus on the positive elements of the day rather than dwelling on the negative.

What are you grateful for today? What brought you joy today?

Passion

Happy teachers seek out ways to practice what they are passionate about. They sneak their passions and hobbies into their lessons to infuse happy into their day.

When was the last time you felt truly passionate about something? Tap into that.

Purpose

Happy teachers remember their purpose for becoming a teacher and tap into it throughout the day to bring strength and energy when they are feeling low.

Why do you teach?

Authenticity

Happy teachers stand boldly in who they are. They embrace and love themselves flaws and all. They retain their integrity and sense of self even in the chaos.

Who are you? How can you be more authentically you?

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