

WHOLEHEARTED TEACHING DECLARATION

Today, I will...

give myself permission to make mistakes. I will honor myself and my students by taking risks that might make me look silly, or stupid, but in doing so, I will model for my students that showing up and trying is more important than

Today, I will... perfection.

show myself compassion when I fail. I will remember that I am not defined by my failures. I will remember that I am good at this and I can teach anyone who walks through my classroom door.

Today, I will...

I will remember my true passion and find a way to practice it today. I will remember why I love teaching, and I will use that energy to give my best to students.

Today, I will...

not take anything personally. I will remember that I am only one factor in my students' lives and that their actions don't reflect poorly on me as their teacher.

Today, I will...

take care of myself by staying in tune with my physical and emotional needs and doing what I need to do to take care of them. I will leave before I get resentful and I will refresh myself before I return to work.