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Top **10**

Habits  
to  
Unlock

Teacher  
Happiness

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# Top 10 Habits to Unlock Teacher Happiness

## 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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