

Goal Setting POWER SHEET

TOP 10 HABITS TO UNLOCK *Teacher Happiness*

Self-Care
Purpose

Gratitude
Mindfulness

Authenticity
Balance

Health
Community

Organization
Passion

Which of the Top 10 Habits do you feel like you already exemplify? What do you do to cultivate those habits?

Which of the Top 10 Habits do you feel are the most difficult for you? why?

Why is it important for you to unlock your teacher happiness?

Which Habit are you ready to work on first? _____

Today, I will commit to beginning a journey to unlock my teacher happiness because _____.

I am going to start by working on my _____ (insert the habit you want to start with). I will cultivate this habit by

1. _____
2. _____
3. _____