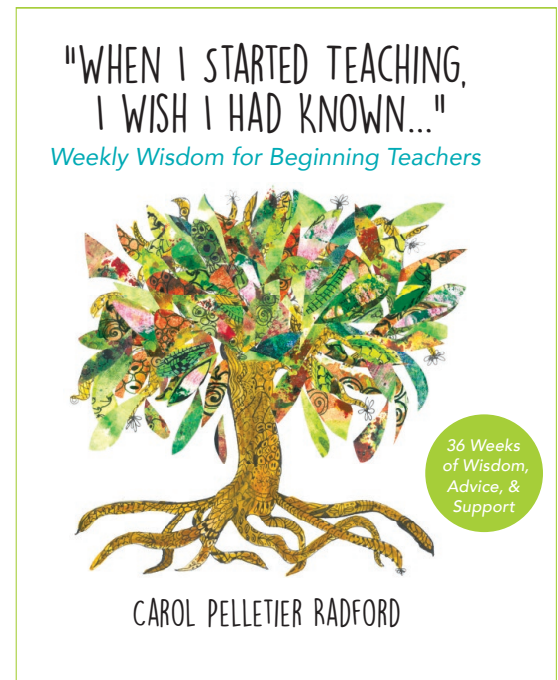


GETTING STARTED: CREATE A COMMUNITY OF LEARNERS WEEKLY AFFIRMATIONS



Directions: Repeat these phrases verbally or write them in your weekly planner to make yourself more aware of these positive behaviors.

1. I take care of myself first.
2. I give myself permission to log off at the end of the day.
3. I enjoy creating a community of learners.
4. I intentionally introduce my students to each other.
5. I laugh with my students.
6. I am calm.
7. I give myself permission to say *no*.
8. I dress for success.

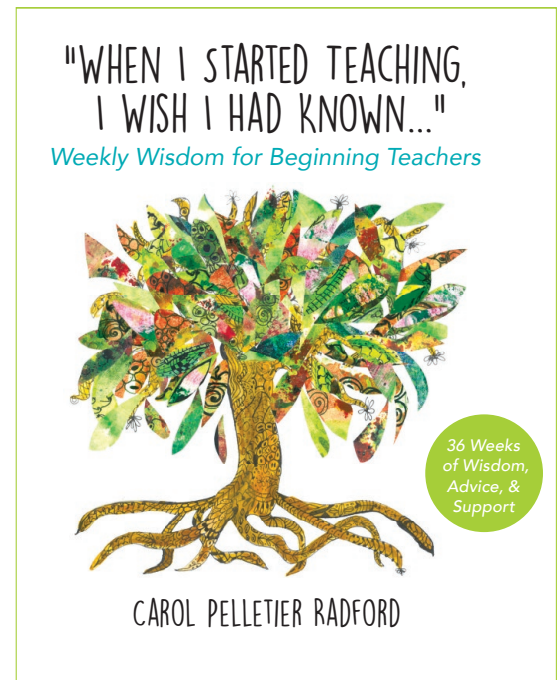


GAINING MOMENTUM: FIND YOUR STRENGTHS WEEKLY AFFIRMATIONS



Directions: Repeat these phrases verbally or write them in your weekly planner to make yourself more aware of these positive behaviors.

9. I am fully present with my family.
10. I will find something I enjoy and do that this week.
11. I connect with educators I enjoy being around.
12. I share the *why* with my students.
13. I accept advice gracefully.
14. I reset my mind when I walk.
15. I see the positive in all of my students.
16. I schedule time to disconnect from school work on the weekend.



STAYING IN THE FLOW: FOCUS ON TEACHING AND LEARNING WEEKLY AFFIRMATIONS



Directions: Repeat these phrases verbally or write them in your weekly planner to make yourself more aware of these positive behaviors.

17. I experience nature with all of my senses.
18. I stop when my scheduled time to work is over.
19. I am energized by my students' engagement.
20. I maintain my balance with healthy choices.
21. I prioritize what needs to be done next.
22. I will schedule time for myself.
23. I will eat the frog first!
24. I laugh out loud with friends.
25. I will take some *me* time this week.
26. I use a routine to transition from work to home.
27. I take care of my mind and my body.
28. I know what I need to do, and I do it.
29. I use my time wisely.
30. I plan ahead.

"WHEN I STARTED TEACHING,
I WISH I HAD KNOWN..."

Weekly Wisdom for Beginning Teachers



36 Weeks
of Wisdom,
Advice, &
Support

CAROL PELLETIER RADFORD

CLOSING THE YEAR WITH INTENTION: CELEBRATE YOUR GROWTH WEEKLY AFFIRMATIONS



Directions: Repeat these phrases verbally or write them in your weekly planner to make yourself more aware of these positive behaviors.

31. I choose like-minded friends to keep my spirits up.
32. I am willing to hear what my students have to say about my teaching.
33. I compliment my students with phone calls to their parents.
34. I ask for help when I need it.
35. I have a life outside of school.
36. I move my body to change my mood.

