

## PERSONAL REFLECTION AND INSPIRATION

Use this book as an opportunity to reflect on your journey so far and to think about your next steps. Look for themes and patterns that emerge from your reflections. You may complete the steps as you read the lessons or you may complete all your responses at the end of the book. Write your responses in a personal journal longhand, audio record your thoughts, or type your ideas on a device of your choice.

**Step 1: Read** the Preface, Introduction, and Section I.

**Write:**

- a. Your reaction to these beginning ideas. What stands out to you as important?
- b. Is there anything new you didn't know or hadn't thought about before? List a few key ideas that you want to remember.
- c. Why did you decide to read this book? What did you hope to gain?

**Step 2: Read** Lesson 1 Follow Your Heart.

**Listen** to *Another Teacher's Story* podcast.

**Write** your responses to the reflection questions listed under What's Your Story? Write longhand in your journal or type your responses.

**Reflect** on what you wrote. What shows in your story that is meaningful to you right now? How does the message relate to a next step for you?

**Step 3: Read** the other nine lessons or select those that are calling to you.

**Listen** to at least one podcast from *Another Teacher's Story*.

**Reflect** list at least three ideas you want to remember.

**Step 4: Review** the Mindful Living Actions for the lessons you read.

**Reflect** on the ideas of mindfulness, self-care, and your well-being.

How will you use these ideas moving forward?

**Take Action** and practice at least two practices from any of the lessons.

**Step 5: Read** Section III Nurturing an Inspired Career

**Assess** your career. What do you *wish* for? List three things that would support you. What are the *pluses* right now of being a teacher?

Additional activities: Review the authors, select one, and read a book; listen to at least one of the Inspired Leaders' podcasts; and explore Mindful Resources in each chapter.