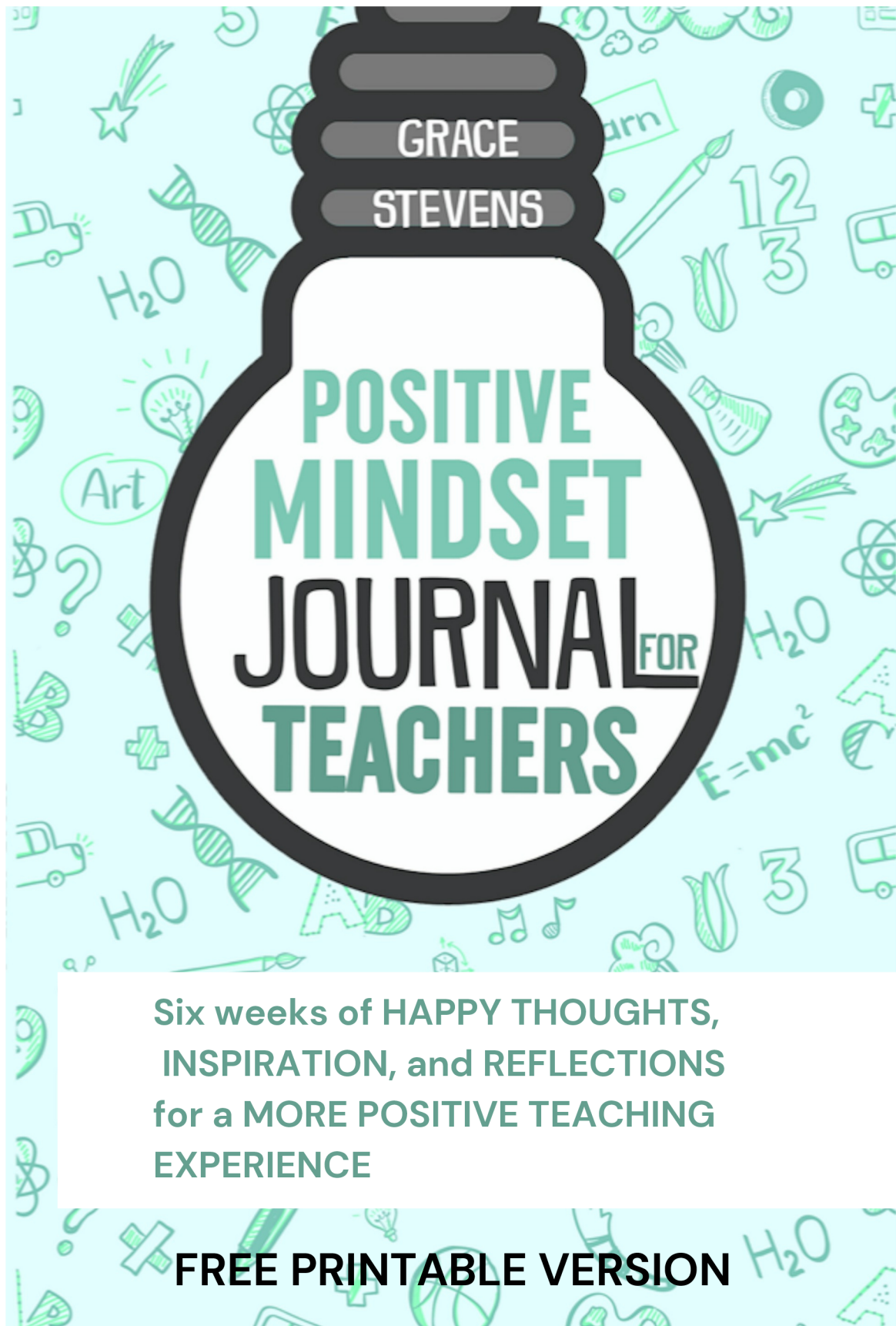


**** PRINT DOUBLE SIDED! ****



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Welcome! How to Use This Journal

The goal of this journal is to help you connect to the parts of your teaching week that bring you joy. While there is plenty of research to support the idea that a positive classroom environment will increase student engagement and achievement, this journal isn't for your students' benefits; it's for yours. **You deserve to enjoy your teaching day!**

Teaching is a "noble profession." We choose it because we know it is important, not necessarily because we believe it will be easy. But teaching can and should be fun and rewarding.

Years of experience in the classroom have taught me that everyone's day goes smoother when the teacher is happy. I have also learned that there are specific things that I can do to train my mind to focus on the "good stuff", seek out opportunities to make a student's, a parent's, or a co-worker's day, and remind myself of how awesome a privilege it really is to spend my day with children.

This journal is designed to help you take a few moments to reflect on your intentions before the work week gets rolling and its momentum gets you into "survival mode." How will you take care of **your** needs? Whom can you celebrate? Whom can you thank? Taking a few minutes to write down the best parts of your day before you go home will put you in a better mental space and train your mind to be a "joy detective," focusing on the good stuff.

Training your brain to seek out things you are grateful for and inspired by is simply a habit. If you work on flexing your "happy muscle" daily, you will find it easier to connect to joy in your day and share that joy with others. This humble journal can help you do that. The prompts and simple practices are based on research in positive psychology and are proven to help your increase your baseline happiness setpoint.

Leave this journal on your desk and commit to writing in it every day for six weeks. Six weeks is plenty of time to form a new habit. You will find that taking a few moments to smile and reflect every day will help turn you into a "joy detective," eager to find things in your teaching day that bring you gratitude, appreciation, and smiley faces.

Wishing you and your students many joy-filled moments!

Grace

P.S. This sample journal is a companion piece to a book I wrote called [Positive Mindset Habits for Teachers - 10 Steps to Reduce Stress, Increase Student Engagement and Reignite Your Passion for Teaching](#). You can use this journal as a stand-alone piece, but if you are serious about transforming your teaching, I think you will really enjoy the book too. You can find it on Amazon and other online retailers, and also at GraceStevens.com. You can also purchase physical year-long versions of this journal as well as a version especially for Special Education professionals.

For a **FREE VIDEO TRAINING** on the 5 HABITS OF THE LEAST STRESSED TEACHERS visit

www.GraceStevens.com/happy



SUMMARY of the 10 POSITIVE MINDSET HABITS for TEACHERS

1 CHOOSE IT,
DON'T CHASE IT

2 BE HERE
NOW

3 BRAIN BREAKS
FOR ALL

4 RAMPAGE OF
GRATITUDE

5 RECLAIM YOUR
SCHEDULE

6 CREATE
SPACE

7 GET
CONNECTED

8 FOCUS ON
WHAT YOU
WANT

9 LET EVERYONE
OFF THE HOOK

10 KEEP ALL THE
PLATES
SPINNING

10 POSITIVE MINDSET HABITS FOR TEACHERS



BASED ON THE BOOK POSITIVE MINDSET HABITS FOR TEACHERS ©
BY GRACE STEVENS 2018

SUMMARY of the 10 POSITIVE MINDSET HABITS for TEACHERS

1

Happiness is a state of consciousness, not a circumstance. While each of us has a predetermined genetic "set point" for happiness, only 10% of our happiness quotient is based on our life circumstances. 40% of our happiness quotient is made up of intentional habits that we can learn. Once we accept that happiness is a muscle that can be exercised, we can make being happier an actionable goal and can commit to working on it every day.

2

Recognize that being happy cannot be put off for some future time when circumstances improve. We can only be happy in the present moment. A key component of happiness is the ability to be fully and actively engaged in what we are doing, also known as "flow state." To maximize our flow state potential when teaching we should avoid multi-tasking and also ensure we are adequately prepared for every lesson. Finally, we can learn a lot from younger students who are more apt to be engaged in the present when they are playing and having fun.

3

A powerful tool for relieving stress is taking Brain Breaks. Incorporating short, simple, Brain Break exercises into your teaching day will not only benefit you, but will help students with focus and improve their social and emotional development.

4

The attitude of gratitude is essential to a more positive outlook and life experience. Despite any natural inclinations, gratitude can be cultivated through habit. Incorporate practices into your daily rituals that help you focus on being grateful, and find as many opportunities as you can to share your appreciation with others.

5

Teaching takes an enormous amount of time, and energy and we need to be proactive in making sure that we are not overcommitted and overextended. We need to prioritize additional duties that we take on and get more comfortable with respectfully declining requests and setting boundaries on our time.

6

An excess of physical clutter can be mentally draining. Additionally, holding on to things that we don't need reinforces the idea of scarcity and lack and sets us up for unnecessary competition for resources. From drawers to walls to furniture - spend some time clearing out extra "stuff" from your classroom.

7

A key component to happiness is feeling connected to others, and to a cause greater than ourselves. Teaching provides us with ample opportunities to practice this. Anything we can do to connect with students and adults, as well as practicing intentional acts of kindness will not only benefit others but boost our happiness. It's a win-win situation.

8

Research shows that approximately 70% of our thoughts are negatively focused. One key happiness habit is to train ourselves to focus on what we want, not on what we don't. Avoiding negative people and conversations, being more mindful about what we passively consume through media are practical ways to reinforce this habit. Positive body posture and pattern interrupts are also helpful tools in "changing the channel" of the drama playing out in our brain.

9

To live a life with less stress and more joy, we need to be willing to assume the best of people and their intentions. We need to adopt the mindset that most people are doing the best they can, with the skills they have, and within the situation they find themselves in. Holding grudges, being resentful, and taking things personally are harmful to our mental and physical health. This applies to our relationship with students, as well as adults.

10

While teaching can be a rewarding and fulfilling part of our life, it shouldn't be our entire life. If we focus solely on our work and neglect other areas of our life, we quickly get out of balance. The result is not only stress but decreased effectiveness. It's hard to serve others when we're "running on empty." Recognize that "self-care" goes beyond bubble bath and a beer, and cultivate true habits that lead to renewal.

My intention for the week:



Focus on the POSITIVE

Best parts of my day: MONDAY

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Best parts of my day: THURSDAY

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Best parts of my day: TUESDAY

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Best parts of my day: FRIDAY

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Best parts of my day: WEDNESDAY

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People I can thank this week:

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Who can I CHAMPION this week?



Boost my SPIRIT

Positive texts/calls home to parents:

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Ways I can focus on my SELF-CARE:

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QUOTE of the WEEK :

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Something funny a student said, a compliment you were given, or something inspirational you read

Get Creative! What are you thinking or feeling this week? What are you dreaming about? What or who inspired you this week? Or just draw something silly to make you smile :)

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GRACESTEVEN.COM

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Ways I can focus on my SELF-CARE:

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This is a graphic of a single sheet of white paper with horizontal blue lines. The paper has a spiral binding along its top edge, represented by a series of brown loops. The paper is oriented vertically and occupies most of the page area below the header.

GRACESTEVEN.COM

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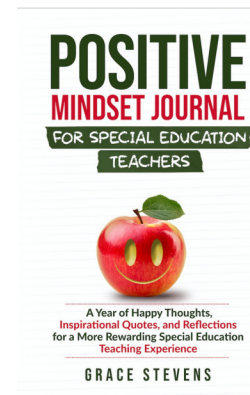
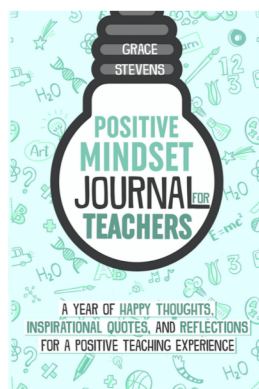
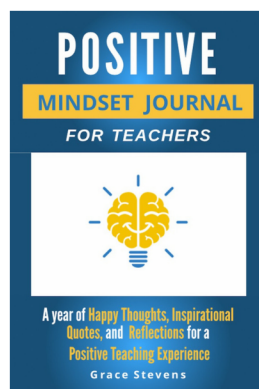
Get Creative! What are you thinking or feeling this week? What are you dreaming about? What or who inspired you this week? Or just draw something silly to make you smile :)

I thank you from the bottom of my heart for all that you do for children and education. It is an important and noble endeavor to educate minds and build a solid, bright, hopeful foundation for our collective future. At the heart of it all, are the unsung heroes who show up in classrooms every day.
The teachers.

Want More?

If you are interested in a physical copy of the journal to last the whole year you can find several versions on Amazon.com. It makes a wonderful gift and keepsake for the best parts of your year! Or ask your admin to buy copies for the entire staff :)

There are three versions currently available:

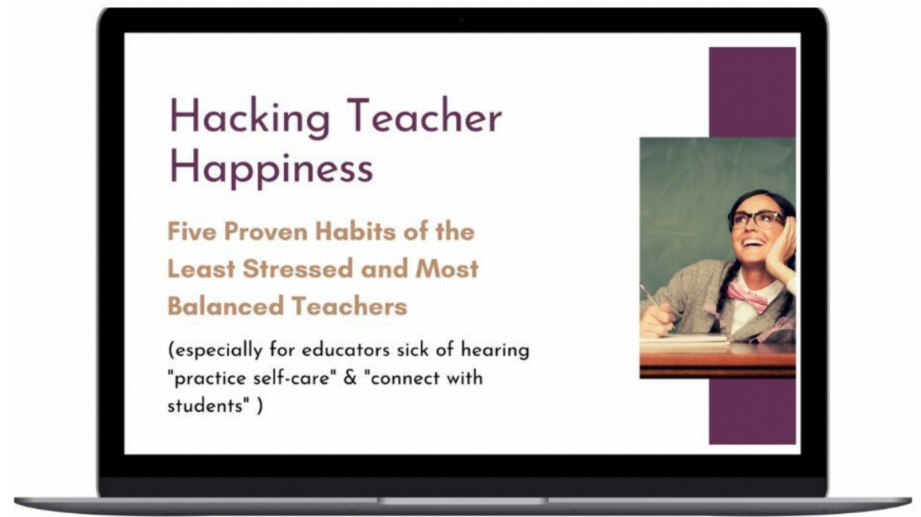


Read the book

This journal is a companion piece to a book called Positive Mindset Habits For Teachers - 10 Steps to Reduce Stress, Increase Student Engagement and Reignite Your Passion For Teaching. It's packed with the latest research on positive psychology, exercises, and practical advice on how to reduce teacher overwhelm and stress and put passion and joy in your classroom and your life. Find out more at happy-classrooms.com or check it out on Amazon and other online retailers



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Tips for educators to **avoid burnout** and achieve better **work-life balance**



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your favorite players

About Grace Stevens

In 2001, I quit a successful VP career in the corporate world to become a public school teacher. It was the best decision I ever made, but it wasn't always easy. I pretty quickly decided if I truly wanted to be happy I couldn't change careers again. What I needed to change was ME.

I became obsessed with studying positive psychology, neuro-science, cognitive behavioral therapy, and some pretty awesome spiritual (non-religious) practices.

In 2012, I distilled everything I learned into a set of simple, positive habits and mindsets that teachers can use to have a better teaching experience. There is no "magic pill", but these habits can take some of the bumps out of the crazy teacher-life ride.

Happier teachers create more productive learning environments. It's that simple and that important. Let me show you the way.