

# THE IB EDUCATOR RESET *Journal*

10 Reflective Prompts to Help You Strengthen Your Practice

# Welcome!

*Reflection sits at the heart of IB education. It shapes our decisions, strengthens our practice, and deepens our understanding of how students learn.*

*I designed this toolkit with one purpose in mind: to help you pause, recalibrate, and enter 2026 with clarity and confidence. Whether you are new to the IB or looking to refine your practice, these prompts will help you identify what matters most, recognise what is working and set a clear direction for the year ahead.*

*Use this journal at your own pace. You might explore a prompt each week, collaborate with colleagues, or revisit the tool as part of your professional goal-setting. Whatever your approach, allow yourself the space to think, breathe, and reset.*

*Dr Carmen Millan*

<https://www.mestralia-education.com>



# How to use this toolkit

*You may choose to explore one prompt at a time or work through several in a single sitting. The key is intentionality. Take the time you need to notice patterns, articulate insights, and identify small, purposeful actions that will make a difference in 2026.*

*Each prompt includes guiding questions and a brief action step to support your thinking. Use the reflection spaces to jot down ideas freely, without judgement.*

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*Tip: There are no “right” answers – only your truth. Come back to it daily, or whenever you need a mindful pause.*

# 1 – Reconnecting with Purpose

**What impact do I want to have on my learners in 2026?**

## Questions:

1. What do I want my students to remember about learning in my classes?

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2. Which of my values do I want to bring more intentionally into my practice?

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3. What am I missing right now – and what do I already have enough of?

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## Action for 2026

Identify one aspect of your teaching philosophy that you want to embody more consistently.

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# 2 – My Learning Environment

**What atmosphere do I want to nurture,  
and what routines will support it?**

## Questions:

1. How do I want my classroom to feel for students?

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2. Which routines encouraged positive learning behaviours? Which need adjusting?

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3. What structures will build trust, independence, and responsibility?

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## Action for 2026

Choose one routine to refine or establish from the start of the year.

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# 3 – The Learner Profile in Action

**Which attributes did I model well this year, and which do I want to strengthen?**

## Questions:

1. When did I model curiosity, resilience, or open-mindedness?

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2. Which attributes are most meaningful to my students?

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3. What opportunities can I create to make the LP attributes visible?

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## Action for 2026

Select one attribute to highlight as a personal teaching focus next term.

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# 4 – Developing Student Agency

**Where did I give students ownership, and where can I step back more?**

## Questions:

1. When did students make decisions about their learning?

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2. What barriers prevent greater agency in my classroom?

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3. How can I shift more responsibility from teacher to learner?

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## Action for 2026

Plan one activity or routine that explicitly increases student choice or voice.

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# 5 – Encouraging Inquiry

**How effectively did I scaffold thinking and questioning? What will I refine?**

## Questions:

1. How did I support deeper questioning and critical thinking?

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2. Which inquiry experiences disengaged learners and which ones inspired them?

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3. Where can I build more opportunities for authentic exploration?

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## Action for 2026

Plan one activity or routine that explicitly increases student choice or voice.

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# 6 – ATL Skill Development

**Which ATL skills flourished in my classroom?**

Questions:

1. Which skills did students demonstrate most confidently?

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2. How did I model and teach ATL strategies explicitly?

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3. Which skills need more deliberate planning?

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## Action for 2026

Select one ATL skill to prioritise early in the new year.

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# 7 – Assessment for Learning

**How am I using questioning, feedback and self-assessment to guide learning in my lessons?**

## Questions:

1. What types of feedback had the most impact on student progress?

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2. How well are students understanding assessment criteria?

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3. Where can I introduce more self-assessment tasks?

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## Action for 2026

Commit to one simple change that will make feedback more meaningful and timely.

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# 8 – International Mindedness

**How am I helping students see perspectives, value languages, and connect globally?**

## Questions:

1. Where did students engage with perspectives beyond their own?

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2. How am I supporting linguistic diversity in the classroom?

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3. What could I incorporate to make learning more culturally or globally relevant?

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## Action for 2026

Integrate one routine or task that encourages perspective-taking or global connection.

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# 9 – Collaboration & Professional Growth

**What professional relationships or practices strengthened my teaching this year?**

Questions:

1. Who supported my growth as an educator, and how?

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2. How did I contribute to collaborative learning in my team?

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3. What skills or knowledge do I want to develop further?

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## Action for 2026

Identify one colleague or community (e.g., Mestralia Connect) to engage with more intentionally.

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# 10 – Personal Wellbeing

**What energised me in 2025? What boundaries will protect my wellbeing in 2026?**

Questions:

1. Which parts of my role bring meaning and fulfilment?

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2. What drained my energy, and why?

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3. What habits will help me keep balance, joy, and sustainability?

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## Action for 2026

Choose one small wellbeing practice to embed into your weekly routine.

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# Your 2026 Focus Statement

Use this page to distil your thinking into a single, powerful sentence:

*In 2026, I will prioritise ... because ...*

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# Mini Action Plan for 2026

List three goals that matter for your teaching practice next year.

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**My number one goal this year is:** \_\_\_\_\_

1 WHY IT MATTERS: \_\_\_\_\_

2 SUCCESS WILL LOOK LIKE: \_\_\_\_\_

3 FIRST STEP: \_\_\_\_\_

2

**My second goal this year is:** \_\_\_\_\_

WHY IT MATTERS: \_\_\_\_\_

SUCCESS WILL LOOK LIKE: \_\_\_\_\_

FIRST STEP: \_\_\_\_\_

3

**My third goal this year is:** \_\_\_\_\_

WHY IT MATTERS: \_\_\_\_\_

SUCCESS WILL LOOK LIKE: \_\_\_\_\_

FIRST STEP: \_\_\_\_\_

# Thank-you!

*Your commitment to thoughtful practice makes a difference, not only in your classroom, but in the lives of your learners.*

*Feel free to contact me if you would like to know more about Mestralia Education and how we can support your professional development.*



## Contact:

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