



Your Name
self care journal
for teachers

Date: _____

What's something small that used to bring me joy that I've stopped doing?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Date: _____

What's one thing I wish I could say out loud, just to get it off my chest?

[illegible]



Date: _____

What does “rest” mean to me—and how can I make space for it?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Date: _____

What moments in my day feel the most like “me”?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Date: _____

If I had 30 minutes with no responsibilities, how would I want to spend it?

[illegible]



Date: _____

What does success as a teacher look like to me—not the district, not Instagram, just me?

[illegible]

Date: _____

What do I wish others knew about my job or how hard I work?

[illegible]



Date: _____

What would I let go of at school if I wasn't afraid of judgment?

[illegible]



Date: _____

What part of teaching still lights me up, even on the hard days?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Date: _____

What would “enough” feel like in this season?

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.



Date: _____

What would I say to a student who was feeling exactly how I'm feeling right now?

[illegible]



Date: _____

What's one way I've been too hard on myself this week?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Date: _____

What part of me is doing better than I give it credit for?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Date: _____

What does my inner critic usually say—and how can I answer it with kindness?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Date: _____

How would I treat myself if I believed I was doing enough?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Date: _____

What do I love outside of teaching? (Even if I haven't made time for it in a while.)

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Date: _____

When was the last time I laughed really hard—and what sparked it?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Date: _____

What's a song, smell, or memory that makes me feel alive?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Date: _____

What outfit, color, or ritual makes me feel most me?

A pink bow graphic is located in the bottom right corner of the page. It has two large, rounded loops and a central knot, rendered in a light pink color.

Date: _____

If I weren't trying to be "productive," what would I do just for fun?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Date: _____

What beliefs about myself came from someone else—and aren't mine to keep?

[illegible]



Date: _____

What did I need when I first started teaching that I can give myself now?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Date: _____

What part of my story am I ready to rewrite with more love and grace?

[illegible]



Date: _____

What's something I've overcome that I once thought I couldn't?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Date: _____

What do I want to remember when things feel hard again?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





The end

self care journal
for teachers