

JOURNAL PROMPTS

FOR THE EDUCATOR

LOOKING BACK AT THE 2020 CHAPTER

Look back at all the positive feelings you've experienced in the past year. Which feelings resonate the most? What helped you cultivate these feelings that nourished your well-being?

Look back at all the feelings that were hard-to-have last year. What steps did you take and how were you supported in building resilience, in moving through any feelings that were harder to have?

WRITING A NEW CHAPTER FOR 2021

What is it that you desire most this year? What do you want to call in to your life? And into your work with children? What positive feelings do you hope to have more of this year? What could possibly help you cultivate those feelings?

Now we also know life, and this work in schools, will bring its share of big, messy, hard-to-have feelings. Acknowledge and name which feelings might lie ahead. What could possibly help you manage those feelings with more ease, more calm, more grace, and more kindness to yourself and others?

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NEW YEAR JOURNAL PROMPTS FOR EDUCATORS 2021

Legal Stuff

ABOUT CONSTANT LOVE AND LEARNING

Katie Raher, PhD, PPS, is a teacher turned School Psychologist and educational consultant/coach/entrepreneur, as well as a well-being warrior, Kimochis® Certified Trainer, and lover of learning. She started Constant Love and Learning to bring more positive feelings to schools through educator well-being, social and emotional learning, and other effective educational practices and systems.

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