

15 MINUTE REFLECTION JOURNAL FOR EDUCATORS

MAKE SOME TIME TO CHECK IN WITH YOURSELF.

HOW DID YOU SLEEP?

AMOUNT

QUALITY

WHAT FRUSTRATED YOU TODAY?

HOW DID YOU RESOLVE THOSE FRUSTRATIONS?

RATE YOUR STRESS LEVEL
FROM 1-10

WRITE ABOUT A POSITIVE INTERACTION WITH A PEER:

HOW DID YOU POSITIVELY REACH A STUDENT TODAY?

HOW WERE YOU ACTIVE TODAY?

WHAT ARE YOU ARE PROUD OF DOING TODAY?

HOW WILL YOU CELEBRATE YOUR SUCCESS TODAY?