



THE 5-MINUTE MINDFUL TEACHER GRATITUDE JOURNAL

A 180-DAY DAILY REFLECTION, STRESS RELIEF
& BURNOUT RECOVERY GUIDE FOR EDUCATORS



THIS SANCTUARY BELONGS TO:

Educator Name:

School / Grade:

Academic Year:

GRACE CALDWELL, M.Ed.

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The 5–Minute Mindful Teacher Gratitude Journal

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Dedication

To the educators who pour their hearts into their classrooms every single morning. May this space remind you that your peace, your well-being, and your joy matter just as much as your lesson plans.

 **Sustainable Self–Care Manifesto:** Self-care is not a luxury or an extra task on your weekend to-do list. It is the conscious protection of your emotional reservoir.

The 60-Second Morning Anchor:

Before touching your classroom door handle, take 3 deep belly breaths. Set an intentional tone rather than reacting to whatever chaos unfolds.

The 3-Minute Decompression Zone:

Leave emotional baggage on these pages. Once written, close the journal and leave work thoughts inside the building.

Celebrating Micro-Triumphs:

Progress in teaching is often invisible. Tracking tiny wins trains your brain to notice success over perfection.

The 60–Second Morning Anchor:

Before touching your classroom door handle, take 3 deep belly breaths. Set an intentional tone rather than reacting to whatever chaos unfolds.

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The 3–Minute Decompression Zone:

Leave emotional baggage on these pages. Once written, close the journal and leave work thoughts inside the building.

Celebrating Micro–Triumphs:

Progress in teaching is often invisible. Tracking tiny wins trains your brain to notice success over perfection.

1 Day 1 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

☀️ **Morning Intention & Emotional Focus:**

.....

🛡️ **Work–Life Boundary to fiercely protect today:**

.....

💡 *"In the middle of classroom chaos, stillness is your superpower."*

Week 1

2 Day 2 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 1

3 Day 3 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 1

4 Day 4 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 1

5 Day 5 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

 **Formal Shutdown Declaration (Nourishing myself with):**

 "The door is locked. Rest without guilt."

Week 1

6 Day 6 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

 **Work-Life Boundary to fiercely protect today:**

 "In the middle of classroom chaos, stillness is your superpower."

Week 1

7 Day 7 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 2

8 Day 8 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

🌿 **3-Min Stress Release (What I refuse to take home):**

.....

🧘 **Self-Grace (What went imperfectly and why that's okay):**

.....

💡 *"Leave school at school. Your peace is non-negotiable."*

Week 2

9 Day 9 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

✨ **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds."

Week 2

10 Day 10 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt."

Week 2

11 Day 11 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

☀️ **Morning Intention & Emotional Focus:**

.....

💧 **Work-Life Boundary to fiercely protect today:**

.....

💡 *"In the middle of classroom chaos, stillness is your superpower."*

Week 3

12 Day 12 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 3

13 Day 13 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 3

14 Day 14 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 3

15 Day 15 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 "The door is locked. Rest without guilt."

Week 3

16 Day 16 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work-Life Boundary to fiercely protect today:**

.....

 "In the middle of classroom chaos, stillness is your superpower."

Week 3

17 Day 17 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**

 **Lightbulb 'Aha!' Moment I witnessed today:**

 "Teaching is lighting a spark, not filling a bucket."

Week 4

18 Day 18 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

 **Self-Grace (What went imperfectly and why that's okay):**

 "Leave school at school. Your peace is non-negotiable."

Week 4

19 Day 19 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

✨ **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds."

Week 4

20 Day 20 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt."

Week 4

21 Day 21 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

☀️ **Morning Intention & Emotional Focus:**

.....

💧 **Work-Life Boundary to fiercely protect today:**

.....

💡 *"In the middle of classroom chaos, stillness is your superpower."*

Week 5

22 Day 22 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 5

23 Day 23 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

 **Self-Grace (What went imperfectly and why that's okay):**

 "Leave school at school. Your peace is non-negotiable."

Week 5

24 Day 24 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

 **Gratitude for a colleague, aide, or custodian:**

 "Your creative energy inspires young minds."

Week 5

25 Day 25 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 *"The door is locked. Rest without guilt."*

Week 5

26 Day 26 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work-Life Boundary to fiercely protect today:**

.....

 *"In the middle of classroom chaos, stillness is your superpower."*

Week 5

27 Day 27 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**

 **Lightbulb 'Aha!' Moment I witnessed today:**

 *"Teaching is lighting a spark, not filling a bucket."*

Week 6

28 Day 28 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

 **Self-Grace (What went imperfectly and why that's okay):**

 *"Leave school at school. Your peace is non-negotiable."*

Week 6

29 Day 29 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

✨ **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds. "

Week 6

30 Day 30 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt. "

Week 6

31 Day 31 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

☀️ **Morning Intention & Emotional Focus:**

.....

💧 **Work-Life Boundary to fiercely protect today:**

.....

💡 *"In the middle of classroom chaos, stillness is your superpower."*

Week 7

32 Day 32 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 7

33 Day 33 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 7

34 Day 34 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 7

35 Day 35 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 "The door is locked. Rest without guilt."

Week 7

36 Day 36 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work-Life Boundary to fiercely protect today:**

.....

 "In the middle of classroom chaos, stillness is your superpower."

Week 7

37 Day 37 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 8

38 Day 38 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

🌿 **3-Min Stress Release (What I refuse to take home):**

.....

🧘 **Self-Grace (What went imperfectly and why that's okay):**

.....

💡 *"Leave school at school. Your peace is non-negotiable."*

Week 8

39 Day 39 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

✨ **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds."

Week 8

40 Day 40 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt."

Week 8

41 Day 41 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

☀️ **Morning Intention & Emotional Focus:**

.....

💧 **Work-Life Boundary to fiercely protect today:**

.....

💡 *"In the middle of classroom chaos, stillness is your superpower."*

Week 9

42 Day 42 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 9

43 Day 43 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 9

44 Day 44 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 9

45 Day 45 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

 **Formal Shutdown Declaration (Nourishing myself with):**

 "The door is locked. Rest without guilt."

Week 9

46 Day 46 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

 **Work-Life Boundary to fiercely protect today:**

 "In the middle of classroom chaos, stillness is your superpower."

Week 9

47 Day 47 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**

.....

 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

 *"Teaching is lighting a spark, not filling a bucket."*

Week 10

48 Day 48 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 *"Leave school at school. Your peace is non-negotiable."*

Week 10

49 Day 49 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

✨ **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds. "

Week 10

50 Day 50 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt. "

Week 10

51 Day 51 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work–Life Boundary to fiercely protect today:**

.....

 *"In the middle of classroom chaos, stillness is your superpower."*

Week 11

52 Day 52 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**

.....

 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

 *"Teaching is lighting a spark, not filling a bucket."*

Week 11

53 Day 53 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 11

54 Day 54 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 11

55 Day 55 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

 **Formal Shutdown Declaration (Nourishing myself with):**

 "The door is locked. Rest without guilt."

Week 11

56 Day 56 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

 **Work-Life Boundary to fiercely protect today:**

 "In the middle of classroom chaos, stillness is your superpower."

Week 11

☀️ Heartwarming Student Interaction / Funny Quote:

💡 Lightbulb 'Aha!' Moment I witnessed today:

💡 "Teaching is lighting a spark, not filling a bucket."

Week 12

🌿 3-Min Stress Release (What I refuse to take home):

🧘 Self-Grace (What went imperfectly and why that's okay):

💡 "Leave school at school. Your peace is non-negotiable."

Week 12

59 Day 59 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

✨ **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds. "

Week 12

60 Day 60 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt. "

Week 12

61 Day 61 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

☀️ **Morning Intention & Emotional Focus:**

.....

💧 **Work-Life Boundary to fiercely protect today:**

.....

💡 *"In the middle of classroom chaos, stillness is your superpower."*

Week 13

62 Day 62 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 13

63 Day 63 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 13

64 Day 64 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 13

65 Day 65 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

 **Formal Shutdown Declaration (Nourishing myself with):**

 "The door is locked. Rest without guilt."

Week 13

66 Day 66 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

 **Work-Life Boundary to fiercely protect today:**

 "In the middle of classroom chaos, stillness is your superpower."

Week 13

67 Day 67 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**

 **Lightbulb 'Aha!' Moment I witnessed today:**

 *"Teaching is lighting a spark, not filling a bucket."*

Week 14

68 Day 68 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

 **Self-Grace (What went imperfectly and why that's okay):**

 *"Leave school at school. Your peace is non-negotiable."*

Week 14

69 Day 69 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

✨ **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds."

Week 14

70 Day 70 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt."

Week 14

71 Day 71 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

☀️ **Morning Intention & Emotional Focus:**

.....

💧 **Work–Life Boundary to fiercely protect today:**

.....

💡 *"In the middle of classroom chaos, stillness is your superpower."*

Week 15

72 Day 72 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 15

73 Day 73 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 15

74 Day 74 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 15

75 Day 75 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 "The door is locked. Rest without guilt."

Week 15

76 Day 76 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work-Life Boundary to fiercely protect today:**

.....

 "In the middle of classroom chaos, stillness is your superpower."

Week 15

77 Day 77 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**

 **Lightbulb 'Aha!' Moment I witnessed today:**

 "Teaching is lighting a spark, not filling a bucket."

Week 16

78 Day 78 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

 **Self-Grace (What went imperfectly and why that's okay):**

 "Leave school at school. Your peace is non-negotiable."

Week 16

79 Day 79 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

✨ **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds. "

Week 16

80 Day 80 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt. "

Week 16

81 Day 81 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

☀️ **Morning Intention & Emotional Focus:**

.....

💧 **Work–Life Boundary to fiercely protect today:**

.....

💡 *"In the middle of classroom chaos, stillness is your superpower."*

Week 17

82 Day 82 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 17

83 Day 83 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 17

84 Day 84 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 17

85 Day 85 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 "The door is locked. Rest without guilt."

Week 17

86 Day 86 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work-Life Boundary to fiercely protect today:**

.....

 "In the middle of classroom chaos, stillness is your superpower."

Week 17

87 Day 87 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 18

88 Day 88 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

🌿 **3-Min Stress Release (What I refuse to take home):**

.....

🧘 **Self-Grace (What went imperfectly and why that's okay):**

.....

💡 *"Leave school at school. Your peace is non-negotiable."*

Week 18

89 Day 89 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

✨ **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds."

Week 18

90 Day 90 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt."

Week 18

91 Day 91 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

☀️ **Morning Intention & Emotional Focus:**

.....

💧 **Work-Life Boundary to fiercely protect today:**

.....

💡 *"In the middle of classroom chaos, stillness is your superpower."*

Week 19

92 Day 92 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 19

93 Day 93 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 19

94 Day 94 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 19

95 Day 95 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 "The door is locked. Rest without guilt."

Week 19

96 Day 96 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work-Life Boundary to fiercely protect today:**

.....

 "In the middle of classroom chaos, stillness is your superpower."

Week 19

97 Day 97 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**

.....

 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

 *"Teaching is lighting a spark, not filling a bucket."*

Week 20

98 Day 98 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 *"Leave school at school. Your peace is non-negotiable."*

Week 20

99 Day 99 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

✨ **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds."

Week 20

100 Day 100 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt."

Week 20

101 Day 101 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work–Life Boundary to fiercely protect today:**

.....

 *"In the middle of classroom chaos, stillness is your superpower."*

Week 21

102 Day 102 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**

.....

 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

 *"Teaching is lighting a spark, not filling a bucket."*

Week 21

103 Day 103 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 21

104 Day 104 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 21

105 Day 105 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 "The door is locked. Rest without guilt."

Week 21

106 Day 106 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work-Life Boundary to fiercely protect today:**

.....

 "In the middle of classroom chaos, stillness is your superpower."

Week 21

107 Day 107 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**

 **Lightbulb 'Aha!' Moment I witnessed today:**

 "Teaching is lighting a spark, not filling a bucket."

Week 22

108 Day 108 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

 **Self-Grace (What went imperfectly and why that's okay):**

 "Leave school at school. Your peace is non-negotiable."

Week 22

109 Day 109 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 22

110 Day 110 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 "The door is locked. Rest without guilt."

Week 22

111

Day 111 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]



Morning Intention & Emotional Focus:

.....



Work-Life Boundary to fiercely protect today:

.....



"In the middle of classroom chaos, stillness is your superpower."

Week 23

112

Day 112 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]



Heartwarming Student Interaction / Funny Quote:

.....



Lightbulb 'Aha!' Moment I witnessed today:

.....



"Teaching is lighting a spark, not filling a bucket."

Week 23

113 Day 113 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 23

114 Day 114 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 23

115 Day 115 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 "The door is locked. Rest without guilt."

Week 23

116 Day 116 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work-Life Boundary to fiercely protect today:**

.....

 "In the middle of classroom chaos, stillness is your superpower."

Week 23

117 Day 117 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 24

118 Day 118 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

🌿 **3-Min Stress Release (What I refuse to take home):**

.....

🧘 **Self-Grace (What went imperfectly and why that's okay):**

.....

💡 *"Leave school at school. Your peace is non-negotiable."*

Week 24

119 Day 119 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

✨ **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds."

Week 24

120 Day 120 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt."

Week 24

121 Day 121 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

☀️ **Morning Intention & Emotional Focus:**

.....

💧 **Work–Life Boundary to fiercely protect today:**

.....

💡 *"In the middle of classroom chaos, stillness is your superpower."*

Week 25

122 Day 122 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 25

123 Day 123 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

 **Self-Grace (What went imperfectly and why that's okay):**

 "Leave school at school. Your peace is non-negotiable."

Week 25

124 Day 124 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

 **Gratitude for a colleague, aide, or custodian:**

 "Your creative energy inspires young minds."

Week 25

125 Day 125 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

 **Formal Shutdown Declaration (Nourishing myself with):**

 *"The door is locked. Rest without guilt."*

Week 25

126 Day 126 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

 **Work-Life Boundary to fiercely protect today:**

 *"In the middle of classroom chaos, stillness is your superpower."*

Week 25

☀️ Heartwarming Student Interaction / Funny Quote:

💡 Lightbulb 'Aha!' Moment I witnessed today:

💡 "Teaching is lighting a spark, not filling a bucket."

Week 26

🌿 3-Min Stress Release (What I refuse to take home):

🧘 Self-Grace (What went imperfectly and why that's okay):

💡 "Leave school at school. Your peace is non-negotiable."

Week 26

129 Day 129 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds. "

Week 26

130 Day 130 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 "The door is locked. Rest without guilt. "

Week 26

131 Day 131 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work–Life Boundary to fiercely protect today:**

.....

 *"In the middle of classroom chaos, stillness is your superpower."*

Week 27

132 Day 132 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**

.....

 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

 *"Teaching is lighting a spark, not filling a bucket."*

Week 27

133 Day 133 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

 **Self-Grace (What went imperfectly and why that's okay):**

 "Leave school at school. Your peace is non-negotiable."

Week 27

134 Day 134 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

 **Gratitude for a colleague, aide, or custodian:**

 "Your creative energy inspires young minds."

Week 27

135 Day 135 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

 **Formal Shutdown Declaration (Nourishing myself with):**

 *"The door is locked. Rest without guilt."*

Week 27

136 Day 136 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

 **Work-Life Boundary to fiercely protect today:**

 *"In the middle of classroom chaos, stillness is your superpower."*

Week 27

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 28

🌿 **3-Min Stress Release (What I refuse to take home):**

.....

🧘 **Self-Grace (What went imperfectly and why that's okay):**

.....

💡 *"Leave school at school. Your peace is non-negotiable."*

Week 28

🌟 **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds. "

Week 28

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt. "

Week 28

141 Day 141 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work–Life Boundary to fiercely protect today:**

.....

 *"In the middle of classroom chaos, stillness is your superpower."*

Week 29

142 Day 142 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**

.....

 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

 *"Teaching is lighting a spark, not filling a bucket."*

Week 29

143 Day 143 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 29

144 Day 144 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 29

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 "The door is locked. Rest without guilt."

Week 29

 **Morning Intention & Emotional Focus:**

.....

 **Work-Life Boundary to fiercely protect today:**

.....

 "In the middle of classroom chaos, stillness is your superpower."

Week 29

☀️ Heartwarming Student Interaction / Funny Quote:

💡 Lightbulb 'Aha!' Moment I witnessed today:

💡 "Teaching is lighting a spark, not filling a bucket."

Week 30

🌿 3-Min Stress Release (What I refuse to take home):

🧘 Self-Grace (What went imperfectly and why that's okay):

💡 "Leave school at school. Your peace is non-negotiable."

Week 30

149 Day 149 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

✨ **Creative Lesson Breakthrough / Joyful Activity:**

💛 **Gratitude for a colleague, aide, or custodian:**

💡 "Your creative energy inspires young minds."

Week 30

150 Day 150 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

🏆 **Top 3 Classroom Victories This Week:**

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

💡 "The door is locked. Rest without guilt."

Week 30

151 Day 151 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work–Life Boundary to fiercely protect today:**

.....

 *"In the middle of classroom chaos, stillness is your superpower."*

Week 31

152 Day 152 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**

.....

 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

 *"Teaching is lighting a spark, not filling a bucket."*

Week 31

153 Day 153 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

 **Self-Grace (What went imperfectly and why that's okay):**

 "Leave school at school. Your peace is non-negotiable."

Week 31

154 Day 154 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

 **Gratitude for a colleague, aide, or custodian:**

 "Your creative energy inspires young minds."

Week 31

155 Day 155 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

 **Formal Shutdown Declaration (Nourishing myself with):**

 "The door is locked. Rest without guilt."

Week 31

156 Day 156 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

 **Work-Life Boundary to fiercely protect today:**

 "In the middle of classroom chaos, stillness is your superpower."

Week 31

☀️ Heartwarming Student Interaction / Funny Quote:

💡 Lightbulb 'Aha!' Moment I witnessed today:

💡 "Teaching is lighting a spark, not filling a bucket."

Week 32

🌿 3-Min Stress Release (What I refuse to take home):

🧘 Self-Grace (What went imperfectly and why that's okay):

💡 "Leave school at school. Your peace is non-negotiable."

Week 32

🌟 **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds. "

Week 32

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt. "

Week 32

161 Day 161 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work–Life Boundary to fiercely protect today:**

.....

 *"In the middle of classroom chaos, stillness is your superpower."*

Week 33

162 Day 162 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**

.....

 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

 *"Teaching is lighting a spark, not filling a bucket."*

Week 33

163 Day 163 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

 **Self-Grace (What went imperfectly and why that's okay):**

 "Leave school at school. Your peace is non-negotiable."

Week 33

164 Day 164 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

 **Gratitude for a colleague, aide, or custodian:**

 "Your creative energy inspires young minds."

Week 33

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 "The door is locked. Rest without guilt."

Week 33

 **Morning Intention & Emotional Focus:**

.....

 **Work-Life Boundary to fiercely protect today:**

.....

 "In the middle of classroom chaos, stillness is your superpower."

Week 33

☀️ **Heartwarming Student Interaction / Funny Quote:**

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 34

🌿 **3-Min Stress Release (What I refuse to take home):**

🧘 **Self-Grace (What went imperfectly and why that's okay):**

💡 *"Leave school at school. Your peace is non-negotiable."*

Week 34

169 Day 169 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

✨ **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds."

Week 34

170 Day 170 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt."

Week 34

171 Day 171 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**
.....

 **Work–Life Boundary to fiercely protect today:**
.....

 "In the middle of classroom chaos, stillness is your superpower."Week 35

172 Day 172 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**
.....

 **Lightbulb 'Aha!' Moment I witnessed today:**
.....

 "Teaching is lighting a spark, not filling a bucket."Week 35

173 Day 173 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 35

174 Day 174 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 35

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 "The door is locked. Rest without guilt."

Week 35

 **Morning Intention & Emotional Focus:**

.....

 **Work-Life Boundary to fiercely protect today:**

.....

 "In the middle of classroom chaos, stillness is your superpower."

Week 35

 **Heartwarming Student Interaction / Funny Quote:**

.....

 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

 "Teaching is lighting a spark, not filling a bucket."

Week 36

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 36

🌟 **Creative Lesson Breakthrough / Joyful Activity:**

.....

💛 **Gratitude for a colleague, aide, or custodian:**

.....

💡 "Your creative energy inspires young minds. "

Week 36

🏆 **Top 3 Classroom Victories This Week:**

.....

🔒 **Formal Shutdown Declaration (Nourishing myself with):**

.....

💡 "The door is locked. Rest without guilt. "

Week 36

181 Day 181 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work–Life Boundary to fiercely protect today:**

.....

 *"In the middle of classroom chaos, stillness is your superpower."*

Week 37

182 Day 182 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

 **Heartwarming Student Interaction / Funny Quote:**

.....

 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

 *"Teaching is lighting a spark, not filling a bucket."*

Week 37

183 Day 183 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

 **Self-Grace (What went imperfectly and why that's okay):**

 "Leave school at school. Your peace is non-negotiable."

Week 37

184 Day 184 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

 **Gratitude for a colleague, aide, or custodian:**

 "Your creative energy inspires young minds."

Week 37

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 "The door is locked. Rest without guilt."

Week 37

 **Morning Intention & Emotional Focus:**

.....

 **Work-Life Boundary to fiercely protect today:**

.....

 "In the middle of classroom chaos, stillness is your superpower."

Week 37

☀️ Heartwarming Student Interaction / Funny Quote:

💡 Lightbulb 'Aha!' Moment I witnessed today:

💡 "Teaching is lighting a spark, not filling a bucket."

Week 38

🌿 3-Min Stress Release (What I refuse to take home):

🧘 Self-Grace (What went imperfectly and why that's okay):

💡 "Leave school at school. Your peace is non-negotiable."

Week 38

✨ Creative Lesson Breakthrough / Joyful Activity:

💛 Gratitude for a colleague, aide, or custodian:

💡 "Your creative energy inspires young minds."

Week 38

🏆 Top 3 Classroom Victories This Week:

🔒 Formal Shutdown Declaration (Nourishing myself with):

💡 "The door is locked. Rest without guilt."

Week 38

191 Day 191 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

☀️ **Morning Intention & Emotional Focus:**

.....

💧 **Work–Life Boundary to fiercely protect today:**

.....

💡 *"In the middle of classroom chaos, stillness is your superpower."*

Week 39

192 Day 192 • Tuesday: Student Connection

Energy: [○ ○ ○ ○ ○]

☀️ **Heartwarming Student Interaction / Funny Quote:**

.....

💡 **Lightbulb 'Aha!' Moment I witnessed today:**

.....

💡 *"Teaching is lighting a spark, not filling a bucket."*

Week 39

193 Day 193 • Wednesday: 3-Min Decompression

Energy: [○ ○ ○ ○ ○]

 **3-Min Stress Release (What I refuse to take home):**

.....

 **Self-Grace (What went imperfectly and why that's okay):**

.....

 "Leave school at school. Your peace is non-negotiable."

Week 39

194 Day 194 • Thursday: Teacher Joy & Pedagogy

Energy: [○ ○ ○ ○ ○]

 **Creative Lesson Breakthrough / Joyful Activity:**

.....

 **Gratitude for a colleague, aide, or custodian:**

.....

 "Your creative energy inspires young minds."

Week 39

195 Day 195 • Friday: Weekend Shutdown Ritual

Energy: [○ ○ ○ ○ ○]

 **Top 3 Classroom Victories This Week:**

.....

 **Formal Shutdown Declaration (Nourishing myself with):**

.....

 "The door is locked. Rest without guilt."

Week 39

196 Day 196 • Monday: Grounding & Intention

Energy: [○ ○ ○ ○ ○]

 **Morning Intention & Emotional Focus:**

.....

 **Work-Life Boundary to fiercely protect today:**

.....

 "In the middle of classroom chaos, stillness is your superpower."

Week 39

☀️ Heartwarming Student Interaction / Funny Quote:

💡 Lightbulb 'Aha!' Moment I witnessed today:

💡 "Teaching is lighting a spark, not filling a bucket."

Week 40

🌿 3-Min Stress Release (What I refuse to take home):

🧘 Self-Grace (What went imperfectly and why that's okay):

💡 "Leave school at school. Your peace is non-negotiable."

Week 40

✨ Creative Lesson Breakthrough / Joyful Activity:

💛 Gratitude for a colleague, aide, or custodian:

💡 "Your creative energy inspires young minds."

Week 40

🏆 Top 3 Classroom Victories This Week:

🔒 Formal Shutdown Declaration (Nourishing myself with):

💡 "The door is locked. Rest without guilt."

Week 40

School Year Celebration & Growth Audit

You completed 180 days of intentional, mindful teaching. You proved that boundaries and self-compassion create extraordinary classrooms.

Thank you for investing in yourself and your students.

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