

The Educator's
*Reflection
Toolkit*
December 2021

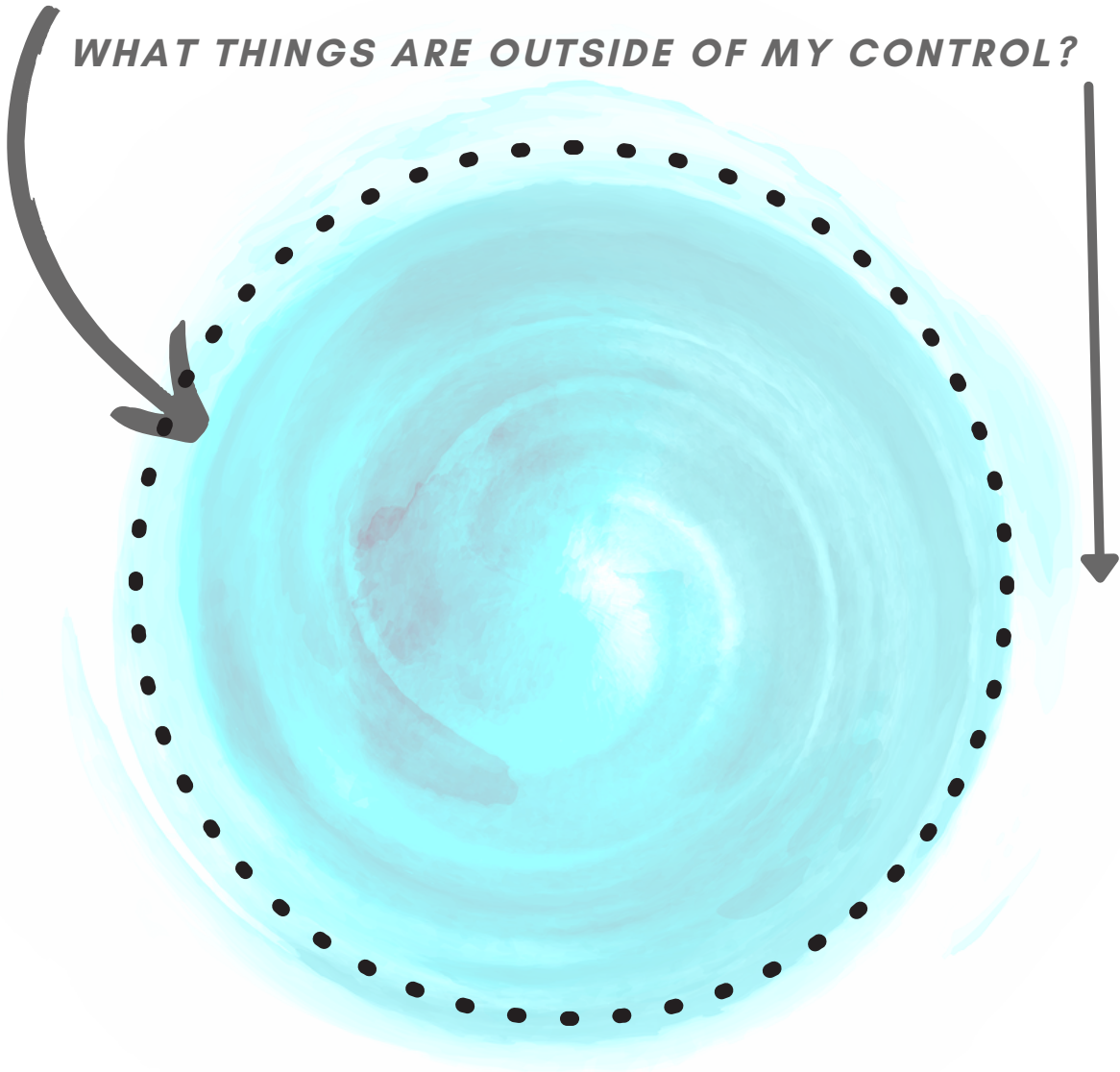


Mrs. Pridmore
MUSIC & MOVEMENT
EDUCATION

Of the many things I've listed -

WHAT ARE THINGS THAT ARE WITHIN MY CONTROL?

WHAT THINGS ARE OUTSIDE OF MY CONTROL?



Try this affirmation: I now accept that I will control what I can and release what I cannot.

GRATITUDE

Counting the blessings

Some of the things I'm
grateful for are...

Eight horizontal bars for writing, alternating in color: light blue, light teal, light blue, light teal, light blue, light teal, light blue, light teal.



What intentions
do I set for
myself in
these
life areas
for 2022?

2022

● This year I will...

Intentions

Vision Board

● Mental Health

● Relationships

● Spirituality

● Dreams

● Finances

● Goals

How will I take
care of
my full self
this year?
What will I do
to restore?

2022

Self Care

Intentions

● Physical

● Professional

● Social

● Emotional

● Environmental

● Psychological

As you fill these
out, remember
that the goal is
not to become
more *productive*
but more *present*.