

HAPPY TEACHERS. HAPPY STUDENTS.

Set daily goals for the week to:

MAINTAIN THE ASSET- Care for yourself.

REDUCE YOUR STRESS- Infuse moments of peace into your day.

INCREASE YOUR JOY- Actively engage in and promote your own happiness.

THURSDAY

Maintain the Asset: _____

Reduce Your Stress: _____

Increase Your Joy: _____

MONDAY

Maintain the Asset: _____

Reduce Your Stress: _____

Increase Your Joy: _____

FRIDAY

Maintain the Asset: _____

Reduce Your Stress: _____

Increase Your Joy: _____

TUESDAY

Maintain the Asset: _____

Reduce Your Stress: _____

Increase Your Joy: _____

SATURDAY

Maintain the Asset: _____

Reduce Your Stress: _____

Increase Your Joy: _____

WEDNESDAY

Maintain the Asset: _____

Reduce Your Stress: _____

Increase Your Joy: _____

SUNDAY

Maintain the Asset: _____

Reduce Your Stress: _____

Increase Your Joy: _____

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"You can do anything,
but not everything."

- DAVID ALLEN

MAINTAIN THE ASSET

- Take advantage of your health benefits.
- Eat clean.
- Register for a 5k.
- Go for a walk during your lunch break.
- Reduce the amount of sugar in your diet.
- Hydrate.
- Take a fitness class.
- Keep a regular daily schedule, including bedtime.
- Eat a healthy snack during your breaks.
- Find a workout buddy.
- Try a new healthy recipe.
- Go for a bike ride.
- Walk your dog.

REDUCE YOUR STRESS

- Do a 10-minute guided meditation.
- Learn to say no.
- Clean out your desk drawers.
- Turn off your work email at home.
- Make a plan to get out of debt
- Color.
- Spend less time on social media.
- Get a massage.
- Listen to peaceful music.
- Use essential oils for relaxation.
- Take a yoga class.
- Talk to a therapist.
- Do a crossword puzzle.
- Develop a mantra.
- Go on a 5-minute cleaning/organization spurt.

INCREASE YOUR JOY

- Incorporate random acts of kindness into your day.
- Read a self-help book.
- Avoid toxic conversations (the teacher's lounge can be a hotbed of toxic conversation!).
- Carve out some time for a hobby.
- Follow a new blog.
- Send an encouraging note to a friend, family member, or coworker.
- Go to a museum.
- Schedule a phone date with a family member or friend.
- Go to the theater.
- Volunteer.
- Make a gratitude list.
- Plan a trip.