

How to Love Your Career Again

What is your **purpose**? Does the calling of teaching currently meet that purpose?

1 Make a list of everything you **used** to love about your work.

2 Heart those that still light you up. Cross out those that don't or that no longer apply.

3 Give yourself permission to grieve for what you've lost in this work.

4 Make a list of everything you **currently** appreciate about your work (in addition to the first list).

5 Choose one item on your appreciation list to pursue for the next 30 days.

6 Give yourself permission to grieve for what you've lost in this work.

7 List ways you can pursue your selected item. **For example:** If you chose "the freedom to explore arts integration", you might pursue that by trying a new arts integration strategy, taking a workshop, reflecting on an arts integration lesson, picking an arts area to explore for yourself, etc.

After 30 days, choose another item on your appreciation list to pursue.