

Infuse Personal Reflection and Self-Care into Your Practice

Reflection Prompts

1. How can I build in time for the people and activities I cherish so I don't burn out this year?
2. Where can I seek out opportunities to join a professional community of educators to share ideas and seek answers to my questions about teaching and learning?
3. How can I incorporate journaling, meditation, reading, or other activities that create space for personal reflection into my daily routine?

Action Steps

- Create a daily schedule for the non-teaching part of your day that includes blocks of time for lesson prep, office hours, other work commitments, and personal activities, such as family commitments, exercise, hobbies, and friends.
- Write alongside your students in a journal. Build in the habit of writing and/or sketching for ten minutes at the beginning or end of each day. Share ideas from your journal with your students. Learn more about Facing History's [approach to journaling](#).
- Join a vibrant community of educators and continue your professional growth by participating in a Facing History [live webinar, online course, or seminar](#).