

Before the School Year Begins...

Decide what you want to protect.

This year, I don't want to lose my...

Why is this worth protecting?

What usually gets in the way.

- | | |
|--|---|
| ☐ Grading | ☐ Saying yes too often |
| ☐ Emails | |
| ☐ Meetings | ☐ Other _____ |
| ☐ Exhaustion | |
| ☐ Guilt | |
| ☐ Perfectionism | |

One Small Promise to Myself

Finish this sentence:

There will always be more I could do, but today I choose to protect my ...

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