

10-Week Journaling Challenge: Week 3
Korea TESOL Reflective Practice Special Interest Group

Teacher Appreciation

Monday

- 1) It's Teacher's Day? Write about the impact or influence you have had (are having) on your students.
- 2) How have you grown/changed since you first started teaching?
- 3) What is most meaningful to you as a teacher? What gives you a sense of purpose?

Tuesday

- 1) List three ways to battle burnout and explain how to maintain a positive attitude as a teacher.
- 2) Looking back, what advice would you give *Younger You*?

Wednesday

- 1) What accomplishments are you most proud of so far in your teaching career?
- 2) The future: Where do you see yourself in five years? Ten? Describe your path forward?

Thursday

- 1) Write about a supportive colleague or mentor who helped you or given you guidance. Send them a thank you note.
- 2) How can you be a mentor to others? How can you inspire the next generation of teachers?

Friday-Sunday

- 1) Imagine your retirement is nearing. How do you want to be remembered by students, staff, colleagues, and community?

