A healthy teacher creates a healthier classroom.

Teacher Wellness Reflection Journal

Pause ♥ Reflect ♥ Recharge ♥ Grow



REST
REFLECT
RECHARGE
THRIVE

1. MY CURRENT WELL-BEING
How am I feeling right now?

- ☐ Physically (energy, sleep, health)
- ☐ Emotionally (stress, mood, mindset)
- ☐ Mentally (focus, clarity, overwhelm)
- ☐ Spiritually (purpose, gratitude, peace)

What is going well?

_____
_____
_____

What feels challenging?

_____
_____

2. STRESS & TRIGGERS
What's on my mind?

Identify what's causing the most stress right now:

- ☐ Workload / planning
- ☐ Student behavior
- ☐ Meetings / school duties
- ☐ Family / personal life
- ☐ Other: _____

How am I typically handling stress?

_____
_____

What are healthier ways I can respond?

_____
_____

3. MY GOALS & INTENTIONS
What do I want to focus on?

This week, I want to:

- ☐ Take better care of my physical health
- ☐ Manage my stress more effectively
- ☐ Be more present with my students
- ☐ Set boundaries when needed
- ☐ Celebrate my wins (big and small)
- ☐ Other: _____

My top 1–3 intentions are:

1. _____
2. _____
3. _____

4. SELF-CARE CHECK-IN
What do I need this week?

I will say YES to:

- ☐ Rest and sleep
- ☐ Healthy meals and hydration
- ☐ Movement / exercise
- ☐ Something I enjoy (hobby, fun, laughter)
- ☐ Support from others
- ☐ Other: _____

Self-care is not selfish... it's essential!

5. SUPPORT SYSTEM
Who can I lean on?

I can reach out to:

- ☐ A trusted colleague
- ☐ Family member
- ☐ Friend
- ☐ Mentor / coach
- ☐ Counselor / therapist
- ☐ Other: _____

You don't have to do it alone. ♥

6. CELEBRATE & BE PROUD
What am I proud of?

This week, I am proud of:

- ☐ How I showed up for my students
- ☐ The progress (big or small) I've made
- ☐ My kindness, patience, and effort
- ☐ The difference I make
- ☐ Other: _____

You make a difference! ♥

7. REFLECTION
What did I learn about myself?

What went well this week?

_____
_____

What would I like to do differently?

_____
_____

What is one thing I'm grateful for?

_____
_____

8. NEXT STEPS
Small steps make big changes!

I will take these next steps:

1. _____
2. _____
3. _____

Progress, not perfection. ♥

A well teacher is a happier teacher, and a happier teacher builds a brighter future for students. ♥



Your well-being matters. You are enough. You make a difference. ♥