

You effectively dealt with a problem situation

You are satisfied with your teaching competence

You can quickly calm yourself in stressful situations

You are achieving your personal goals

You are comfortable with all your teaching classes

You use your skills and knowledge effectively

You enjoy teaching

You are having fun in your classes

You find teaching interesting and challenging

Teaching provides you with freedom and responsibility

You get regular positive feedback

Your colleagues show empathy towards you

You feel supported in your efforts

Your voice is heard by school leaders

You feel part of a team that makes a positive difference

Your students smile at you

Your students say thank you

Parents acknowledge your success with their child

You did something today that you are proud of

You have opportunities for professional development

You feel positive and hopeful about your future

You have a good work life balance

You enjoy positive relationships with your colleagues

You have time for coffee and a chat during the day

You actively pursue a healthy and balanced lifestyle

Your school has a collaborative culture

Your students want to learn

Your discipline procedures are working

None of your students are a problem

You are proud of your school

You enjoy teaching and creating meaning in kid's lives

You look forward to Mondays and the school week

You often celebrate successes with students

You are confident in your abilities

You have excellent communication skills

You enjoy positive relationships with parents

Younger teachers seek your advice

Your students describe you as a great teacher

Someone at school said thank you today

You are a good role model for your students

You have a behavior plan that is working

You use humour as a teaching strategy

You have a good relationship with school leaders

You can be innovative in your classroom

You can stand up for yourself

You are aware of your full range of feelings and emotions

You feel supported by friends

You express your views with confidence

You allow yourself to make mistakes

Your rights are respected

You can control the impulse to get angry

You use your teaching voice effectively

You see your glass as half full

You can say 'No' without feeling guilty

You are willing to ask questions

People express their gratitude to you

You trust your own intuition

You can juggle all the pressures in your busy life

You eat well, sleep well and stay fit

You have good friends at school

You have ways to relax

No homework to mark this weekend

Your whole class is quiet and engaged

A quiet underachiever had a win in your class today

