

Reflection Exercises

The following items can be answered individually and/or discussed as a group. If you are an aspiring (as opposed to current) teacher, there is an eResource offering versions of this book's reflection exercises reworded just for you.



1. Reflect on which of your colleagues are overly negative. What strategies will you enlist to steer clear of (or influence) their negativity?

2. What are your burnout triggers? What ideas do you already have for tempering them? Return to this item after reading the rest of this book to add additional strategies you learn.

3. What toxic thoughts do you commonly have, and what are more positive thoughts with which you will try to replace them?

_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____

4. What healthy approach to venting will you enlist? Consider where you vent (e.g., to whom) and how you vent.

5. What unhealthy habits do you have, and what healthy habit or ritual will replace each of these?

_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____

(from Rankin, J., *First Aid for Teacher Burnout*, p. 17-18. Used with permission.)