

YOUR EDUCATOR GRATITUDE JOURNAL

Date : From _____ to _____

DAILY HAPPINESS CHECK-IN

Rate your happiness from 1-5 (1 being the lowest)

Mon	Tue	Wed	Thu	Fri	Sat	Sun

THIS WEEK

Goals and intentions:

Personal highlights:

Student highlights:

Colleague highlights:

Things to look forward to for next week:

Notes, affirmations and reminders