

**My Goal: (Choose one at a time.)**

**1** I will use good posture while teaching.

Action Step: .....

**2** I will create an ergonomic workspace.

Action Step: .....

**3** I will care for my eyes while teaching.

Action Step: .....

**4** I will care for my voice while teaching.

Action Step: .....

**5** I will use relaxation strategies while teaching.

Action Step: .....

**Teaching Self-Care Tracker:** In the chart below, put a tally mark each time you do your action step. At the end of the day, add up your tally marks.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Total:</b>	<b>Total:</b>	<b>Total:</b>	<b>Total:</b>	<b>Total:</b>

**END OF THE WEEK REFLECTION**

I will keep the same goal next week.

I will choose a new goal next week.

