

Affirmations Exercise

*Here are a series of statements by teachers you might hear in a coaching session. Practice responding to them with an **AFFIRMATION**. Remember, be sincere and concrete in your affirmations, they are more impactful.*

1. My students have been responding well to the new approach I'm taking. It didn't come naturally to me at first, but I've been noticing myself being more positive with the kids I used to be frustrated by.

2. I'm not sure this program is a very good fit for me. I already have a lot on my plate right now, but if it will strengthen my skill as a teacher, I'll give it a shot

3. I've been a teacher for twenty years, and I think I'm starting to notice the burnout. I love the kids, but it's harder for me to show the same patience I used to.

4. Well, I didn't like it, but I practiced using the Positive Feedback with my most challenging kids. I'm not sure if it helped or not, but I gave it a shot.

5. I have worked really hard to get my toughest students back on track, I've even been calling their parents with updates recently.
