





Activity

What are the three words that describe how you feel today? What three words describe how you're arriving today?



¿Cómo te sientes hoy?















tranquilo

eno jado













doloroso



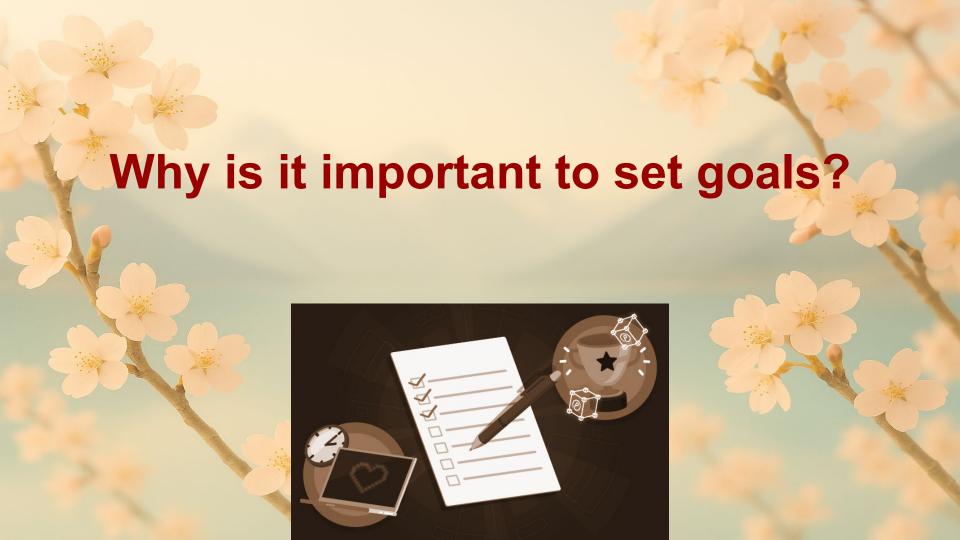




tonto

avergonzado

https://www.menti.com/alfgerjgdabu



Examples of Career Goals

Improve classroom management strategies.

"I will implement a new behavior management strategy, such as a positive reinforcement system, and track its effectiveness over the next eight weeks."

Seek additional professional development.

"I will sign up for an early childhood education webinar or workshop every two months for the next year to stay up to date on best practices in Early Childhood Education."

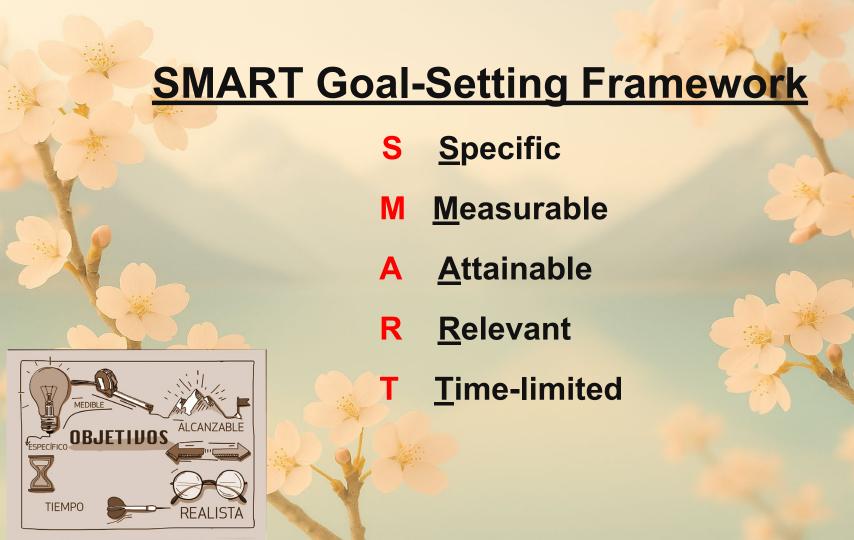
Examples of Personal Goals

. I aim to prioritize self-care routines.

"I will set aside 15 minutes each morning to practice meditation - reflection or deep breathing exercises during the month of October to reduce stress."

l aim to establish healthy habits.

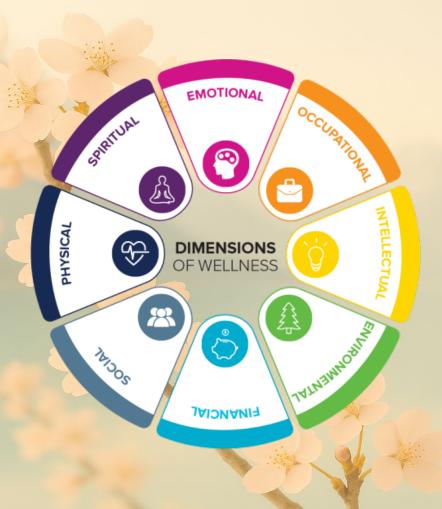
"I'll pack a nutritious lunch the night before work at least 4 days a week for the next two months to keep my energy up throughout the day".











Keep growing, Keep Shining

Thank you for sowing the seed of intention today.

May your goals flourish with purpose and joy.

For more information: blossomlanefamilycare@gmail.com