

the  
ECT  
COACH

# Teacher Wellbeing

## Daily tracker

Date \_\_\_\_\_

Mo Tu We Th Fr Sa Su

My sleep last night was



Approx. hours \_\_\_\_\_

Get up time \_\_\_\_\_

How am I feeling this morning?



Day to do list


Today I intend \_\_\_\_\_

Evening to do list


How am I feeling this evening?



Am I satisfied with this day?



I am grateful today for


What I like about myself today


What I managed to do today


What I would like to tell myself for tomorrow


Notes


How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun proud  
strong active love passion freedom happiness  
optimism belief hope inspired courage interest  
amusement gratitude delight relaxed calm confident  
curious focused worthy thrilled self-respecting kind