



Educator Calm

AFFIRMATIONS



Be gentle with yourself. You're doing your best.

Your worth is not measured by your to-do list.

Rest is part of the work.

You are shaping the future, one student at a time.

Your influence extends far beyond the classroom walls.

You can't pour from an empty cup — refill yours first.

Challenges are proof you're growing alongside your students.

Every small step you take plants a seed of change.

Celebrate the little victories — they add up to big wins.

Learning is a journey, and you're the guide.