

\*\*\*\* print double sided! \*\*\*\*

GRACE  
STEVENS

**POSITIVE  
MINDSET  
JOURNAL FOR  
TEACHERS**

Six weeks of HAPPY THOUGHTS,  
INSPIRATION, and REFLECTIONS  
for a POSITIVE TEACHING EXPERIENCE

**FREE PRINTABLE VERSION**

\*\*\*\* print double  
sided! \*\*\*\*

Copyright 2017 by Grace Stevens

No part of this publication may be reproduced or transmitted in any form or by any means, mechanical or electronic, including photocopying or recording, or by any information storage and retrieval system, or transmitted by email without permission in writing from the publisher.

Thank you for respecting my my livelihood.

Paperback Edition ISBN: 978 0 9980 19-1-2

Manufactured in the United States of America All Rights Reserved  
Red Lotus Books, Mountain House CA



# Welcome! How to Use This Journal

The goal of this journal is to help you connect to the parts of your teaching week that bring you joy. While there is plenty of research to support the idea that a positive classroom environment will increase student engagement and achievement, this journal isn't for your students' benefits; it's for yours. **You deserve to enjoy your teaching day!**

Teaching is a "noble profession." We choose it because we know it is important, not necessarily because we believe it will be easy. But teaching can and should be fun and rewarding.

Years of experience in the classroom have taught me that everyone's day goes smoother when the teacher is happy. I have also learned that there are specific things that I can do to train my mind to focus on the "good stuff", seek out opportunities to make a student's, a parent's, or a co-worker's day, and remind myself of how awesome a privilege it really is to spend my day with children.

This journal is designed to help you take a few moments to reflect on your intentions before the work week gets rolling and its momentum gets you into "survival mode." How will you take care of **your** needs? Whom can you celebrate? Whom can you thank? Taking a few minutes to write down the best parts of your day before you go home will put you in a better mental space and train your mind to be a "joy detective," focusing on the good stuff.

Training your brain to seek out things you are grateful for and inspired by is simply a habit. If you work on flexing your "happy muscle" daily, you will find it easier to connect to joy in your day and share that joy with others. This humble journal can help you do that. The prompts and simple practices are based on research in positive psychology and are proven to help your increase your baseline happiness setpoint.

Leave this journal on your desk and commit to writing in it every day for six weeks. Six weeks is plenty of time to form a new habit. You will find that taking a few moments to smile and reflect every day will help turn you into a "joy detective," eager to find things in your teaching day that bring you gratitude, appreciation, and smiley faces.

Wishing you and your students many joy-filled moments!

*Grace*

P.S. This sample journal is a companion piece to a book I wrote called [Positive Mindset Habits for Teachers - 10 Steps to Reduce Stress, Increase Student Engagement and Reignite Your Passion for Teaching](#). You can use this journal as a stand-alone piece, but if you are serious about transforming your teaching, I think you will really enjoy the book too. You can find it on Amazon and other online retailers, and also at [happy-classrooms.com](http://happy-classrooms.com). You can also purchase physical year-long versions of this journal as well as a version especially for Special Education professionals.

# SUMMARY of the 10 POSITIVE MINDSET HABITS for TEACHERS

1 CHOOSE IT,  
DON'T CHASE IT

---

2 BE HERE  
NOW

---

3 BRAIN BREAKS  
FOR ALL

---

4 RAMPAGE OF  
GRATITUDE

---

5 RECLAIM YOUR  
SCHEDULE

---

6 CREATE  
SPACE

---

7 GET  
CONNECTED

---

8 FOCUS ON  
WHAT YOU  
WANT

---

9 LET EVERYONE  
OFF THE HOOK

---

10 KEEP ALL THE  
PLATES  
SPINNING

---

## 10 POSITIVE MINDSET HABITS FOR TEACHERS



BASED ON THE BOOK POSITIVE MINDSET HABITS FOR TEACHERS ©  
BY GRACE STEVENS 2018

## SUMMARY of the 10 POSITIVE MINDSET HABITS for TEACHERS

- 1** Happiness is a state of consciousness, not a circumstance. While each of us has a predetermined genetic "set point" for happiness, only 10% of our happiness quotient is based on our life circumstances. 40% of our happiness quotient is made up of intentional habits that we can learn. Once we accept that happiness is a muscle that can be exercised, we can make being happier an actionable goal and can commit to working on it every day.
- 2** Recognize that being happy cannot be put off for some future time when circumstances improve. We can only be happy in the present moment. A key component of happiness is the ability to be fully and actively engaged in what we are doing, also known as "flow state." To maximize our flow state potential when teaching we should avoid multi-tasking and also ensure we are adequately prepared for every lesson. Finally, we can learn a lot from younger students who are more apt to be engaged in the present when they are playing and having fun.
- 3** A powerful tool for relieving stress is taking Brain Breaks. Incorporating short, simple, Brain Break exercises into your teaching day will not only benefit you, but will help students with focus and improve their social and emotional development.
- 4** The attitude of gratitude is essential to a more positive outlook and life experience. Despite any natural inclinations, gratitude can be cultivated through habit. Incorporate practices into your daily rituals that help you focus on being grateful, and find as many opportunities as you can to share your appreciation with others.
- 5** Teaching takes an enormous amount of time, and energy and we need to be proactive in making sure that we are not overcommitted and overextended. We need to prioritize additional duties that we take on and get more comfortable with respectfully declining requests and setting boundaries on our time.
- 6** An excess of physical clutter can be mentally draining. Additionally, holding on to things that we don't need reinforces the idea of scarcity and lack and sets us up for unnecessary competition for resources. From drawers to walls to furniture - spend some time clearing out extra "stuff" from your classroom.
- 7** A key component to happiness is feeling connected to others, and to a cause greater than ourselves. Teaching provides us with ample opportunities to practice this. Anything we can do to connect with students and adults, as well as practicing intentional acts of kindness will not only benefit others but boost our happiness. It's a win-win situation.
- 8** Research shows that approximately 70% of our thoughts are negatively focused. One key happiness habit is to train ourselves to focus on what we want, not on what we don't. Avoiding negative people and conversations, being more mindful about what we passively consume through media are practical ways to reinforce this habit. Positive body posture and pattern interrupts are also helpful tools in "changing the channel" of the drama playing out in our brain.
- 9** To live a life with less stress and more joy, we need to be willing to assume the best of people and their intentions. We need to adopt the mindset that most people are doing the best they can, with the skills they have, and within the situation they find themselves in. Holding grudges, being resentful, and taking things personally are harmful to our mental and physical health. This applies to our relationship with students, as well as adults.
- 10** While teaching can be a rewarding and fulfilling part of our life, it shouldn't be our entire life. If we focus solely on our work and neglect other areas of our life, we quickly get out of balance. The result is not only stress but decreased effectiveness. It's hard to serve others when we're "running on empty." Recognize that "self-care" goes beyond bubble bath and a beer, and cultivate true habits that lead to renewal.

My intention for the week:

---



*Focus on the POSITIVE*

Best parts of my day: MONDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: THURSDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: TUESDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: FRIDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: WEDNESDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

People I can thank this week:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Who can I CHAMPION this week?

---



## Boost my SPIRIT

Positive texts/calls home to parents:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Ways I can focus on my SELF-CARE:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

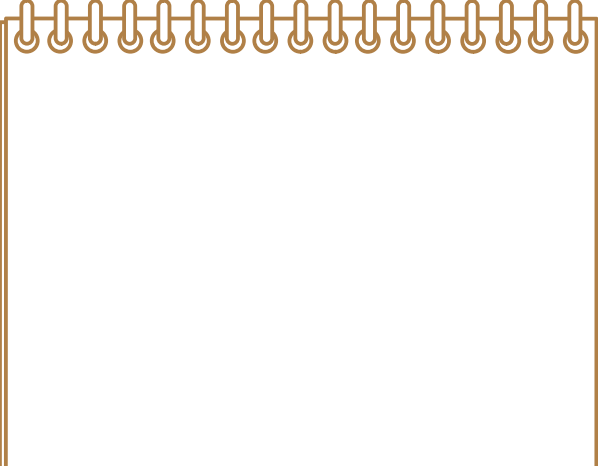
QUOTE of the WEEK :

“

”

Something funny a student said, a compliment you were given, or something inspirational you read

Get Creative! What are you thinking or feeling this week? What are you dreaming about? What or who inspired you this week? Or just draw something silly to make you smile :)



My intention for the week:

---



*Focus on the POSITIVE*

Best parts of my day: MONDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: THURSDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: TUESDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: FRIDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: WEDNESDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

People I can thank this week:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Who can I CHAMPION this week?

---



## Boost my SPIRIT

Positive texts/calls home to parents:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Ways I can focus on my SELF-CARE:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

QUOTE of the WEEK :

“ \_\_\_\_\_ ”

Something funny a student said, a compliment you were given, or something inspirational you read

Get Creative! What are you thinking or feeling this week? What are you dreaming about? What or who inspired you this week? Or just draw something silly to make you smile :)

My intention for the week:

---



*Focus on the POSITIVE*

Best parts of my day: MONDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: THURSDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: TUESDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: FRIDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: WEDNESDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

People I can thank this week:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Who can I CHAMPION this week?

---



## Boost my SPIRIT

Positive texts/calls home to parents:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Ways I can focus on my SELF-CARE:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

QUOTE of the WEEK :

“ \_\_\_\_\_ ”

Something funny a student said, a compliment you were given, or something inspirational you read

Get Creative! What are you thinking or feeling this week? What are you dreaming about? What or who inspired you this week? Or just draw something silly to make you smile :)

My intention for the week:

---



*Focus on the POSITIVE*

Best parts of my day: MONDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: THURSDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: TUESDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: FRIDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: WEDNESDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

People I can thank this week:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Who can I CHAMPION this week?

---



## Boost my SPIRIT

Positive texts/calls home to parents:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Ways I can focus on my SELF-CARE:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

QUOTE of the WEEK :

“ \_\_\_\_\_ ”

Something funny a student said, a compliment you were given, or something inspirational you read

Get Creative! What are you thinking or feeling this week? What are you dreaming about? What or who inspired you this week? Or just draw something silly to make you smile :)

My intention for the week:

---



*Focus on the POSITIVE*

Best parts of my day: MONDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: THURSDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: TUESDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: FRIDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: WEDNESDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

People I can thank this week:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Who can I CHAMPION this week?

---



## Boost my SPIRIT

Positive texts/calls home to parents:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Ways I can focus on my SELF-CARE:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

QUOTE of the WEEK :

“ \_\_\_\_\_ ”

Something funny a student said, a compliment you were given, or something inspirational you read

Get Creative! What are you thinking or feeling this week? What are you dreaming about? What or who inspired you this week? Or just draw something silly to make you smile :)

My intention for the week:

---



*Focus on the POSITIVE*

Best parts of my day: MONDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: THURSDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: TUESDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: FRIDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best parts of my day: WEDNESDAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

People I can thank this week:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Who can I CHAMPION this week?

---



## Boost my SPIRIT

Positive texts/calls home to parents:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Ways I can focus on my SELF-CARE:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

QUOTE of the WEEK :

“ \_\_\_\_\_ ”

Something funny a student said, a compliment you were given, or something inspirational you read

Get Creative! What are you thinking or feeling this week? What are you dreaming about? What or who inspired you this week? Or just draw something silly to make you smile :)

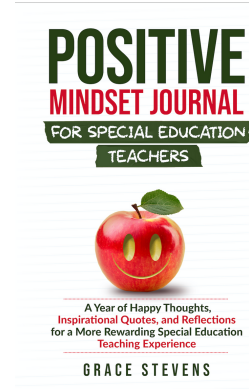
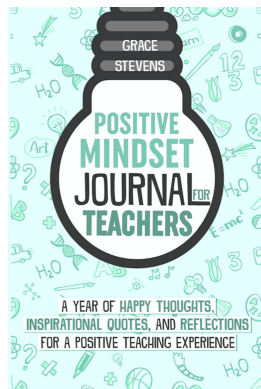
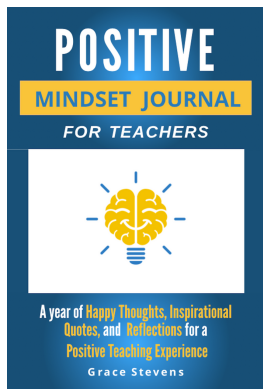
# Good Karma

I thank you from the bottom of my heart for all that you do for children and education. It is an important and noble endeavor to educate minds and build a solid, bright, hopeful foundation for our collective future. At the heart of it all, are the unsung heroes who show up in classrooms every day.  
The teachers.

## Please Help Spread the Love and Positivity

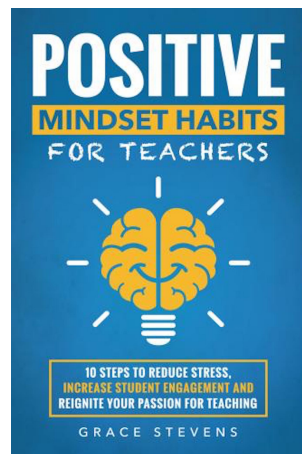
If you enjoyed this journal, please consider telling a fellow teacher. You can send them to [happy-classrooms.com](http://happy-classrooms.com) to download their own copy. You could also pop on Amazon or other online retailers to buy them or yourself a physical copy of the journal to last the whole year. It makes a wonderful gift and keepsake for the best parts of your year! Or ask your admin to buy copies for the entire staff : )

There are three versions currently available:



## Read the book that started it all!

This journal is a companion piece to a book called Positive Mindset Habits For Teachers - 10 Steps to Reduce Stress, Increase Student Engagement and Reignite Your Passion For Teaching. It's packed with the latest research on positive psychology, exercises, and practical advice on how to reduce teacher overwhelm and stress and put passion and joy in your classroom and your life. Find out more at [happy-classrooms.com](http://happy-classrooms.com) or check it out on Amazon and other online retailers



# GRACE Stevens

HAPPY-CLASSROOMS



Hi! I am a public school teacher in Northern California and I HELP TEACHERS LIKE YOU HAVE A MORE POSITIVE TEACHING EXPERIENCE.

A certified NLP Practitioner, I am the author of the One New Habit book series as well as two best-selling books on teaching: Positive Mindset Habits for Teachers, and Teaching in the Post Covid Classroom. In 2002 I stepped away from a successful corporate career when I realized that hanging around young, inquiring minds was a really great way to spend my day, and I've never been happier! My mission is simple... happier classrooms for students and teachers!

## LET'S CONNECT



[facebook.com/happyclassrooms](https://facebook.com/happyclassrooms)



[www.happy-classrooms.com](http://www.happy-classrooms.com)



[pinterest.com/HappyClassroomHabits](https://pinterest.com/HappyClassroomHabits)



[grace@happy-classrooms.com](mailto:grace@happy-classrooms.com)



[youtube.com/Happy-Classrooms](https://youtube.com/Happy-Classrooms)



## NEED AWESOME RESOURCES FOR YOU & YOUR STUDENTS?



Teachers Pay Teachers



[www.teacherspayteachers.com/Store/Positive-Happy-Classrooms](http://www.teacherspayteachers.com/Store/Positive-Happy-Classrooms)

- Social-Emotional Learning Activities, Lesson Plans
- Positivity/Mindset Focused Decor
- Freebies! (every teacher's favorite!)
- Activities to support mental health of students AND teachers
- Professional Development & PBIS
- **TEACHER LESSON PLAN BOOK** - integrating the Positive Mindset Habits

*And so much more!*