

# Healthy Teachers in Happy Classrooms

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*When the teacher is emotionally healthy, the students benefit as well.*

*Burned-out teachers cannot motivate and guide student engagement.*

## Spiritual Emotional Health

Prioritize being with God, rather than doing for God.

Make the decision to make changes.

Create space to become emotionally healthy.

## Thriving, Not Just Surviving

Develop the right mindset about stress.

Prioritize relationship building.

Become a mission and goal driven person.

Master time management and habit forming.

Master your organizational and planning style.

Practice the law of essentialism.

### TAKE THE QUIZ

1= not very true

2= somewhat,

3=mostly true

4=very true

1. 1 2 3 4

2. 1 2 3 4

3. 1 2 3 4

4. 1 2 3 4

5. 1 2 3 4

6. 1 2 3 4

7. 1 2 3 4

8. 1 2 3 4

9. 1 2 3 4

10. 1 2 3 4