



🌟 Micro-Wins Journal

Capture the moments that matter most

✨ Micro-wins matter. They fuel resilience and remind you of your impact. ✨

Daily Prompts

Take just a moment each day to jot down 1-2 lines for each prompt. These quick reflections help you notice and celebrate the positive moments that might otherwise slip by unnoticed.

1 One thing that went right today

Notice the moments of success, connection, or progress - however small they might seem

2 A student who surprised me

Celebrate the unexpected breakthroughs, insights, or acts of kindness from your students

3 One thing I'm proud of

Acknowledge your own efforts, decisions, and contributions to your students' growth

Weekly Reflection

Every Friday or Sunday, take a few minutes to look back at your week's entries and explore the deeper patterns and insights.

What theme do I notice in my wins?

Look for patterns in your successes - are they about connection, creativity, problem-solving, or something else entirely?

How did these moments affect my energy?

Reflect on which types of wins energize you most and help you feel most fulfilled in your teaching

One way I can create space for more positivity

Identify actionable steps to intentionally cultivate more of these positive moments in your practice

❑ The Science Behind Micro-Wins

Gratitude practices shift your brain from scanning for what's wrong to noticing what's strong. Even 1–2 minutes a day strengthens resilience, lowers stress, and helps positive memories stick. Research shows that teachers who regularly practice gratitude report higher job satisfaction, better relationships with students, and increased emotional well-being.