



The English Teachers
Association of Queensland Inc.
Providing professional support
and advocacy for English teachers

July

Follow us! @etaqlid #etaqpd
f i g e l n x

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
This month we are looking after our teacher well-being and creating written positivity to help us now, and to save for rainy days. Enjoy the month!	1 Finish this sentence: Today I choose to....	2 List three things your students have taught you.	3 Write one kind sentence to yourself about your work as a teacher.	4 Complete this sentence: I am enough because....	5 Recall and note one classroom success you had this past semester.		
	6 List 5 things that made you smile today.	7 Recall and write about a challenge you have overcome this semester.	8 Write a thank-you note to your past self.	9 Write an encouraging card to another teacher. Leave this on their desk next week	10 Record a moment where you witnessed a moment of student kindness to another or yourself.	11 Write and illustrate your favourite teaching mantra. Make this visible at your desk.	12 List everything beyond work that brings you joy.
	13 Write three words describing the type of teacher you want to be today.	14 Finish this sentence: My presence matters because...	15 What is one affirmation you'll repeat this week.	16 Write out one worry. Ponder, resolve and now destroy the written record of this. Move forward.	17 What has been today's smallest win?	18 Write one positive word that describes you beginning with your initials. Illustrate this.	19 Write a second draft of your story. Put this away for now.
	20 Write one hope for tomorrow's lesson.	21 Finish this sentence: I make a difference when...	22 Recall a compliment you have been given. Write this out and place it where you can see it every day.	23 Write a note to your future self.	24 Finish this sentence: The best part of teaching is...	25 Make a list of people who have, and still do, support your teaching journey.	26 Finish this sentence: Today I will celebrate...
27 List three reasons to be proud of yourself.	28 Finish this sentence: My students don't need perfection, they need...	29 List three strengths you bring to the classroom.	30 What is the one piece of positive advice you would share with a new teacher?				