



# Professional Practice Support

## AN OPPORTUNITY TO REFLECT ON MYSELF

The questions listed below may serve as a stimuli to reflect on what and how we do things both at school and in our lives in general. We are people first and teachers second; it is essential we look after ourselves. Rate yourself currently and set a target to achieve by the end of the year.

The ability to remain positive and decisive; no maybes or shoulds?	Choose
Diet; I am what I eat; oils ain't oils in the body?	Choose
Living life, enjoying the journey rather than preparing for life, quality relationships?	Choose
Challenging myself; leaving the comfort zone, experiencing new things and rewarding myself?	Choose
Not only talking the talk, but more importantly walking the talk; being authentic?	Choose
I want to matter in what I do and I want to belong; do I feel valued?	Choose
Imagination, the highest kite; if I can dream it I can to do it; do I?	Choose
Do I have a reason for being a teacher; a higher purpose?	Choose
The ability to identify 'postage stamp' friends – they stick while other friends are blown off in a breeze?	Choose
How much do I adopt the philosophy that the right thing to do is nearly always the hard thing to do?	Choose
Do I combine “Doing the right thing” and “doing the thing right?”	Choose
Life is short, life is great, am I living a quality life; leisure and pleasure?	Choose
Am I prepared to give and receive feedback and subsequently make necessary adjustments?	Choose
Do I value and encourage the input of colleagues and students?	Choose
Is what I’m doing going to get me what I want for me?	Choose
Is what I’m doing going to get me what I want for my students?	Choose
Am I prepared to change what I do to help my students more ?	Choose
Do I know what I want my students to look like after I have taught them?	Choose
Am I rested and sleep enough?	Choose
Am I committed to what I do or just involved? (The difference between commitment and involvement is very simple – think of the meal of bacon and eggs and the two animals that provide it; the hen was involved but the pig was committed)	Choose
When we are faced with something new, always allow time to tune into WIIFM, What’s In It For me.	Choose

### Reflections/intentions: