



I'm Angela Watson, the creator of the 40 Hour Teacher Workweek Club. I am super passionate about teacher productivity and helping teachers take their weekends back! Many teachers feel this constant sense of guilt ... you never stop working and yet you're never really finished, and no matter how much you've done, it's never enough.

That guilt has got to go! There HAS to be a better way to do this teaching thing, and I want to help you figure out a system that is actually sustainable for your life over the long haul. I'm excited to teach you some tips in this training that I know will help you create time in your busy schedule for rest and self-care, and also work toward better work/life balance. Use this note-taking guide to help you jot down ideas as you watch the webinar. Enjoy!

## THIS TRAINING WILL HELP IF YOU ...

- ✓ Are a teacher who puts everyone else's needs before your own
- ✓ Never have enough time/energy for everything & only get what's leftover for yourself
- ✓ Know you need to prioritize self-care but just haven't been able to create habits that you can stick with long term

# Self-care habit ideas

## **CHOOSE....**

## **IF YOU...**

### **Morning rituals**

Feel like everyone's making demands before you've woken up and mentally prepared for the day

### **Midday breaks**

Feel as if you're going nonstop from sun up to sun down and don't have a minute to yourself

### **Nighttime rituals**

Look forward to when everyone's asleep but you're too tired to enjoy the quiet

### **Rest and sleep habits**

Are always physically tired and constantly lack the energy needed to be productive

### **Mental decompression**

Feel like your mind is always going like a hamster on a treadmill

### **Physical self-care**

Find your body manifesting stress symptoms and you need to get healthy in a way that feels good

### **Creative outlets & hobbies**

Just don't feel like yourself unless you get to spend regular time on a specific passion

### **Indulgences & luxuries**

Love the finer things in life but spend all your time and money doing things for other people

# The Teacher Self-Care Quiz:

WHAT APPROACH TO HABITS WILL WORK FOR YOUR PERSONALITY?

1. Set personal goals **OR** create external accountability
2. Pick one habit at a time **OR** tackle habits in pairs
3. Take baby steps **OR** go all in
4. Rely on routines **OR** allow for spontaneity
5. Keep starting new **OR** work toward completion
6. Do marathon sessions **OR** be productive in sprints
7. Be a true early bird **OR** embrace your inner night owl
8. Get energized by people **OR** re-energize alone
9. Measure your results **OR** guesstimate them
10. Indulge in moderation **OR** abstain altogether

# 5 KEYS TO PERMANENT CHANGE *in your self-care habits*

1

Get clear on a specific, urgent **WHY** and communicate it to the people around you.

2

Create an environmental trigger for your habit to minimize decision-making.

# 5 KEYS TO PERMANENT CHANGE *in your self-care habits*

3

Start small & use momentum (not willpower) to slowly stack your habits over time.

4

Focus on the habit of the habit so you'll learn to value right actions over right results.

# 5 KEYS TO PERMANENT CHANGE *in your self-care habits*

5

Prioritize and invest in your own self-care instead of settling for scraps.

*Next steps:*

What actions will you take to make yourself a priority from today forward?