

How to Fill Your Own Cup This Week



"I am proud of the growth I've nurtured in my students this year, and celebrate the impact I've made."



"I prioritize my well-being because I am at my best when I take care of myself."



"Every challenge I've faced this year has helped me grow stronger, and I'm ready to finish strong."



"I am deserving of rest and rejuvenation as I continue to inspire and guide my students."



"This month, I celebrate all the small wins and progress I've made, both personally and professionally."



"I am resilient and capable, and I handle every challenge with grace and strength."



"I bring positivity and energy into my classroom, and I honor the joy my work brings me."



"I am worthy of moments of peace and joy, and I will find time to celebrate myself this month."



"As I give my best to others, I also give myself the kindness and care I deserve."