



The Teacher's Journal: A Workbook for Self - Discovery (It's Easy to W.R.I.T.E. Expressive Writing)

Kathleen Adams, Marise Barreiro

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Teachers begin the professional journey with a treasure chest full of experiences, hopes, and expectations gathered from early childhood. Yet the everyday stresses and challenges of 21st century classrooms often leave teachers with neither time nor energy to recall their initiating dreams and desires.

In this innovative workbook you'll be expertly guided through a journey of self-discovery, back to the roots of your story, your evolution as a teacher, and the rituals and routines that help or hurt. You'll take time out to remember the ways that teaching blesses you. You'll learn to confront the inner critic and push back against the voice that tells you to do *more, more, more*. You'll discover the legacy you leave with your students. You'll fall in love with teaching all over again.

Illustrated with 115 actual journal entries by 17 teachers in response to 65 well-crafted writing prompts, you'll be held in a supportive international community as you rediscover yourself and your innate strengths. A facilitator's guide featuring step-by-step lesson plans prepares you to offer this work as a writing group with peers.



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