

### Rationale

I have created this workbook for teachers who are looking to inspire themselves. For teachers who want to streamline their work so that they can better inspire their students. My hope is that after doing these exercises you will be more self-aware. I want you to understand what your core values are so you can focus on them. I want you to have a mission statement that will guide your teaching practice. Having this mission statement will help you understand your purpose and better direct your focus.

### Exemplar

1. What big challenges do your students face?

Anxiety, lack of self-confidence, depression, comparison, unwillingness to take risks.

2. How do you feel these challenges will impact the rest of their lives?

They will constantly compare themselves to others and always feel inferior and alone. They won't take risks and so will never excel or truly live. They will settle for what comes to them instead of what they go get themselves.

3. How can you help?

I can help build their confidence by showing them that they are unique and have amazing skills. I want them to know that they are important. I want them to take risks in the safe environment that I provide. I want them to feel secure and cared for.

4. What impact will your influence have on your students in the short term?

It will build their confidence. They will learn that failure is not the end. That they CAN pick themselves up and try again.

5. What positive, lifelong influence do you hope to have on your students?

It will help their self-confidence. It will support their mental health so they can be happy and they can lead full, beautiful lives.

### Mission Statement

Having a teaching mission statement is a formidable tool. It will provide you with a path to follow. When you are overwhelmed it can help you prioritize the tasks you already have on your plate and triage the tasks that are being asked of you. To help you determine your core values let us examine the following questions.

- 1. What big challenges do your students face?
- 2. How do you feel these challenges will impact the rest of their lives?
- 3. How can you help?
- 4. What impact will your support have on your students in the short term?
- 5. What positive, lifelong influence do you hope to have on your students?

# Brainstorm What big challenges do your students face?

Highlight the challenge you feel the most strongly about.

# Brainstorm

How do you feel these challenges will impact the rest of their lives?

Highlight the most impactful negative effect.

Brainstorm
How can you help?

Highlight the action you feel will make the biggest impact.

### Brainstorm

What impact will your support have on your students in the short term?

Highlight the impact you feel the most strongly about making.

# Brainstorm

What positive, lifelong influence do you hope to have on your students?

Highlight the change you feel most passionate about.

# Now let's put it all together

Some people don't feel like they belong, and can't see the amazing impact their unique voice has on the world. I love demonstrating, and teaching people that art is a great venue to find purpose and enjoyment in life. That art is a beautiful place to find yourself and to express yourself. Through art I want to give my students the confidence and the tools they need to have positive relationships and to live life to its fullest, fully embracing their amazing gifts.

### A Mission Statement for Covid

This pandemic has stolen the youth of our students. They are lonely and scared and missing the school community. By modelling strength and perseverance (with glimpses of my own vulnerability) I will impart trust, resilience and hope. Sharing my love for art and creativity has never been more important. The gift of a healing, creative language will remain with my students forever, and will provide a concrete venue to share their unique, beautiful lives with the world.