



Dear Educators!

Welcome to our Anatoliah Community, dedicated to fostering emotional intelligence among educators like yourself. You might be curious about the significance of embarking on this journey. According to a study by the National Association of Educators (NAE), a concerning 55 percent of educators are contemplating leaving the profession earlier than anticipated. This underscores the urgency of supporting you in cultivating habits that help you reclaim a sense of control. Here's what our challenge entails:

Before heading to bed, take a moment to ask yourself the following questions:

- ✓ **Q1: Today, did I speak to a fellow educator about my feelings?**
- ✓ **Q2: Today, did I listen to a fellow educator in need of help?**
- ✓ **Q3: Today, did I thank a fellow educator for inspiring me?**

Here are the guidelines for completing the challenge:

- ✓ **If you've answered "yes" to at least two of the three questions, please write a "y" in the box below for that day.**
- ✓ **If you've answered "no" to at least two of the three questions, please write an 'n' in the box below for that day,**

To win, you need to have more "y" responses than "n" responses for 21 days. The goal is to challenge yourself to have a "y" on each box for 3 weeks in a row. *You Got This!*

1st Week							
2nd Week							
3rd Week							



Hey Educators!

Here's a great strategy to reignite your passion for teaching: incorporate a positive pledge into your morning routine before starting your workday! Many educators throughout America have embraced our pledge and experienced a significant boost in motivation. To further develop your emotional intelligence and leadership abilities, just grab this sheet, stand before a mirror, and confidently recite the pledge to yourself. You'll be surprised at the positive impact it can have on your energy levels. Why not give it a shot? *You Got This!*

The Anatoliah Educational Pledge:

*I will commit myself/
To opening my heart and mind/
To become a better educator/
I will face all of my challenges/
In and out of school/
With love, hope, and purpose/*



Alright Educators!

We acknowledge that adhering to rules may not be the most thrilling task on your agenda. However, let's ponder this: when these rules have the potential to enhance your cognition, emotions, and actions, both within your personal life and in broader contexts, perhaps they merit consideration, wouldn't you agree? Explore these nine rules designed to support you in becoming an exceptionally emotionally intelligent leader, irrespective of the environment! *You Got This!*

1. **A**lways start your day with empowering conversations!
2. **N**ever let another educator's negativity impact your feelings!
3. **A**ctivate your positive decisions with a simple smile!
4. **T**ake a moment to review your professional goals for the day!
5. **O**rganize a list of the habits you need to adopt to be a better educator!
6. **L**ook at your graduation pictures to remind yourself to never give up!
7. **I**magine, for a minute, you standing as the educator of the year!
8. **A**t least once a day, check to see where most of your time is focused on!
9. **H**ave a quiet moment alone and say: I believe, I trust, & I love myself!