

E-BOOK



10 RULES FOR EFFECTIVE HABIT BUILDING

LÝDIA MACHOVÁ, PhD.

 **Language
mentoring**

Habit Building Planner Ebook

Mike Clayton

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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Educator Wellness Plan Book Tina H. Boogren, Timothy D. Kanold, Jasmine K. Kullar, 2023-06-06

Educators daily stressors can easily accumulate without intentional wellness actions in place Designed as both a plan book and journal this companion resource to Educator Wellness A Guide for Sustaining Physical Mental Emotional and Social Well Being offers inspirational practical weekly routines and reflections for teachers committed to improving their wellness practices throughout the school year Use this plan book and journal to Commit to practices that encourage well being in each of the four dimensions physical mental emotional and social Organize your thoughts collect data on your current habits and reflect on areas to improve with 46 field tested tools Monitor your progress on each month s wellness goal and set intentions to encourage long term maintenance of positive habits Contents Part 1 About This Plan Book and Journal Part 2 Summer A Season of Renewal Part 3 Fall A Season of Opportunity Part 4 Winter A Season of Perseverance Part 5 Spring A Season of Transition Appendix Journal Tools References and Resources Index

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