

The Five Things

Strengthening Schools: One Relationship at a Time

By Mark Schumacher

Why Use This Worksheet: Each school year brings new challenges and excitement. As we reflect on our roles and relationships related to our work, it's a great time to re-set. Use this sheet to remind yourself what you are working on and how to contribute to a school community where everyone (including you!) wants to be.

How To Use This Worksheet: Fill out all five sections of the worksheet following our time together. Email the completed worksheet to yourself or keep in a safe place on your desk. Set a reminder on your calendar for the first day of the next semester or trimester. On the first day of the next semester/trimester, review your completed form and re-write your answers as you move into a new part of the year.

1) My Why: Why am I in education/what is my purpose as an educator? _____

2) Relationships with my Colleagues: Two colleagues I would like to get to know/improve my

relationship with this year are: _____

Two ways I can reach out/connect with them are: _____

3) Self Care: I feel my best on the days/weeks that I make time for: _____

I will practice the item(s) noted above _____ times per week.

4) Relationships with my Students: One thing I will do this year (that I haven't done before) to

connect with my students is: _____

5) Gratitude: One person (or a few people) that contribute(s) to my success at work that I will thank/

show gratitude towards is (are): _____

For a blank copy of this worksheet, email Mark at mark@markschumacher.com