

Do I Empower Myself to Make School Meaningful? (Teacher Version)

These questions are about how you approach school. Each question describes two opposite ends of a range of behaviors. For each question, write a number to rate your behavior for this past week.		
E xploration	Do others decide what's important at school . . .	1 \longleftrightarrow 10 . . . or am I curious about how I can live by my values at school?
M otivation	Am I doing my work to get a reward (like good test scores, administrative approval, or the relief of being done) . . .	1 \longleftrightarrow 10 . . . or am I doing my work because it helps my students learn and grow in ways that matter?
P articipation	Do I put my energy toward whatever comes up in my job . . .	1 \longleftrightarrow 10 . . . or do I create my own opportunities to do meaningful work?
O penness	Do I remain detached, professional, and the expert in the room . . .	1 \longleftrightarrow 10 . . . or do I share my genuine self, stories, strengths, and weaknesses with my students and colleagues?
W illingness	Do I do what feels familiar, comfortable, easy, or fun . . .	1 \longleftrightarrow 10 . . . or am I choosing to serve my teaching values even if it's hard or painful?
E mpathy	Do I get stuck in my own judgments of what my students and colleagues should do or be . . .	1 \longleftrightarrow 10 . . . or do I show kindness and understanding toward them when they struggle?
R esilience	Do I get stuck in my own judgments of what I should do or be . . .	1 \longleftrightarrow 10 . . . or do I show kindness and understanding toward myself when I struggle?