

Protect Your Energy

Your students do not need every last ounce of you. They need a steady, present teacher who can keep showing up.

1. WHAT IS DRAINING ME?

Name one task, expectation, habit, conversation, or pattern that consistently takes more energy than it deserves.

2. DOES THIS ACTUALLY NEED THIS MUCH OF ME?

☐ Yes

☐ Maybe

☐ Probably not

3. WHAT BOUNDARY COULD REDUCE THE DRAIN?

Think small and realistic: close the laptop, answer tomorrow, take lunch, say no, accept good enough, or create an end-of-day stopping point.

4. WHAT COULD I STOP, SIMPLIFY, DELAY, SHARE, OR SAY NO TO?

Choose one move that protects capacity without abandoning what truly matters.

FINAL REFLECTION

What version of me are my current habits creating?

Nicholas in Practice

Protecting energy is not less commitment. It protects the patience, creativity, relationships, and steadiness needed to stay committed over time.

This is an educator reflection/support tool focused on realistic boundaries and sustainable capacity.

[Be a Funky Teacher - Teacher Toolbox](#)