

Do I Need to Leave Teaching - or Does Something Need to Change?

A reflection tool for clarity, not a directive to stay or leave. Page 1 · What am I actually trying to leave?

What parts of teaching still matter to me?

What are the major drains?

Which problems seem tied to my current environment?

Which problems seem tied to the profession itself?

What have I already tried?

The pattern feels:

☐ Temporary ☐ Repeating ☐ Structural ☐ Not sure

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Page 2 · What would need to change?

What would sustainability actually look like for me?

What is within my control?

What requires action or support from others?

Would another environment help?

☐ Probably ☐ Maybe ☐ Probably not ☐ Need more information

What options are worth exploring?

My next step - not my entire life plan - is:

Final question: What would help me continue becoming the teacher - and person - I want to be?