



# INTENTION SETTING FOR A *fresh* START

Date:



Reflect on your Easter break - What were the highlights? What did you learn about yourself? How do you feel as you return to school?

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List three things you're grateful for as you begin this new term.



Write down one or two affirmations to support your intentions and uplift your spirits as you return to school.

Set intentions for the upcoming term. What do you hope to accomplish? How do you want to show up for yourself and your students?

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*be yourself*





Close your eyes and visualise yourself thriving in the classroom this term.  
What does success look and feel like for you?

Identify one small action you can take today to align with your intentions and bring them to life.

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another day  
another slay

Write a brief note of encouragement or affirmation to yourself as you embark on this new chapter.



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Remember  
WHY you  
Started

