

# HEART!

*Daily Devotions  
Your Professional Life  
As a Teacher and Leader*



*Timothy D. Kanold*

# Chapter 8

## Characteristics Engaged Teacher

Positive energy

Exciting

Effort

What is happening 70%

Learning but no emotional connections students are missing extensions

Majority

What adults can see

Connecting

Know interests-teaching to interests

# Chapter 9

Capacity to become more fully engaged? What is something you could start doing more?

Make positive parent contacts

Taking ownership

More parent communication

Reach out for support

Give ourselves grace

Healthy balance of work and family

# Chapter 10

What are the typical things we blame for our lack of energy? How does this impact your professional life?

Grad school

Pace have to teach

Overwhelmed

How do you feel like you multitask? Do you feel that it drains more of your energy?

I have gotten better over the years

It totally drains us

# Chapter 11

Which energy quadrant do you feel like you fall into a majority of the time? What are things that cause you to drift into another quadrant?

Between Quad 1 & 11

How do you think your energy level affects your students and your colleagues?

It can be have a

This chapter begins to discuss the importance of

# Chapter 12

Who are the “life bringers” in your life? Why do you consider them to be “life bringers”?

Family, friends, team members

What steps are you taking in order to be intentional about how you eat, move, and sleep?

Meal prep

Workout daily

Sleep is a priority at least for Roloff

# Chapter 13

Reflecting

# Chapter 14

What does “grit” look like to you? How does “grit” relate to deliberate practice?

Use your strategies

How do you endure, engage in, and sustain a high level of energy, hope, and positive inspiration for students and others year in and year out and keep up with the latest understanding on how students are motivated to learn and perform?

Give yourself grace