

# Words to Affirm a Brave Teacher

■ No act of kindness, no matter how small, is ever wasted. ~ Aesop

■ I am enough. I have enough.  
I do enough.

■ I am worthy because I am,  
not because I do.

■ I'm taking the pressure off myself.  
I'm doing the best I can.

■ I find the {joy} in teaching today.

■ I motivate and empower my students.

■ I let go of what I cannot change.

(Repeat often!)