

## With Conscious Discipline, Every Teacher Has the Capacity to Be the Teacher We All Want to Be

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### **Culture of Power**

What was the culture of power in your home of origin?		
What is the culture of power in your current home?		
How do these models of power affect your curren	t teaching/workplace practices?	

### The Stories We Tell Ourselves

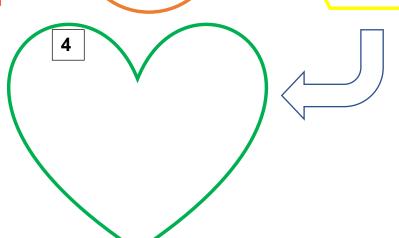
"Thoughts are changeable; feelings must be regulated." - Dr. Becky Bailey



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#### **CD Self-Talk for Adults**

- 1. What's a story I am telling myself?
- 2. What feeling can I pull out of the story?
- 3. How can I manage that feeling?
- 4. What's the new/real story?





Remember that true love does not demand perfection. To truly love someone is to see the best in them, especially in the moments they are at their worst.

### **Seeing Yourself with Loving Eyes**

Sometimes, when I am doubting myself, I think		
But that is just a story I have told mysel	f. In reality, I am someone who is	
talented at	and someone who is passionate about	
What really makes me come alive and f	fuels my fire is	
I do my job because		
So, on days when it's hard to see the be	est in myself, I will remind myself,	
" [your	[your name],	
you are	[positive trait or strength],	
you are	[positive trait or strength],	
and you are	[positive trait or strength].	
You have a gift for		
You are meant to be here. You are worthy of love and belonging. Your communities need you."		
That is why I am proud to say that my n	ame is,	
and I am		