

# 7-Day reflection habit jump-start for educators

**Goal:** To build momentum for teachers using MirrorTalk by guiding them through a week of daily reflections with specific, accessible themes to establish a habit of consistent reflection.

**Note:** This challenge is designed to encourage daily reflection in a managed group, alongside reflection in your personal space. You'll see indicators of that for each day.



DAY 1

## Setting intentions

### OBJECTIVE

Establish goals and expectations for the week.

### FOCUS

What do I hope to gain from reflecting regularly?

### PERSONAL SPACE ACTIVITY

Set 1-2 personal or professional goals for the week. Teachers can reflect on how these goals align with their teaching philosophy or personal values.



DAY 2

## Building self-awareness

### OBJECTIVE

Encourage teachers to look inward and assess their current practices.

### FOCUS

What is one teaching habit I'm proud of, and why does it work?

### PERSONAL SPACE ACTIVITY

Reflect on a recent success in the classroom, focusing on why it worked and how it can be reinforced.



DAY 3

## Reflecting on challenges

### OBJECTIVE

Help teachers embrace challenges and reflect on areas for growth.

### FOCUS

What challenge did I face today, and how did I handle it?

### PERSONAL SPACE ACTIVITY

Identify one moment during the day that didn't go as planned and reflect on how to adapt or approach it differently next time.



DAY 4

## Student engagement

### OBJECTIVE

Focus on the impact of teaching on student engagement.

### FOCUS

How did my actions today influence student engagement and learning?

### PERSONAL SPACE ACTIVITY

Reflect on a lesson or interaction with students and assess its impact on their motivation and engagement. How can these moments be replicated or improved?



DAY 5

## Collaboration

### OBJECTIVE

Reflect on interactions with colleagues and professional growth.

### FOCUS

What role did collaboration play in my teaching today?

### PERSONAL SPACE ACTIVITY

Consider a time when collaboration (with a colleague, mentor, or student) enhanced the teaching experience. Reflect on how to build stronger professional relationships.



DAY 6

## Well-being and balance

### OBJECTIVE

Shift focus to personal well-being and maintaining work-life balance.

### FOCUS

How did I take care of myself today, and how does that impact my teaching?

### PERSONAL SPACE ACTIVITY

Reflect on personal well-being and how self-care habits influence energy levels and effectiveness in the classroom.



DAY 7

## Moving forward

### OBJECTIVE

Plan for sustaining the reflection habit beyond the challenge.

### FOCUS

What steps can I take to make reflection a consistent part of my routine?

### PERSONAL SPACE ACTIVITY

Reflect on what worked during the week and what didn't. Make a plan to keep the habit going, whether by setting reminders, joining a reflection group, or scheduling weekly reflections.

## Suggestions for organizers

### Setting up the challenge:

1. Create an Adult-level group in MirrorTalk, and assign a reflection.
2. Invite all participants using the link generated once it's been assigned.
3. Post a new assignment to the group each day. Only one can be posted at a time.

Sara's tip: create a "Warm-up" assignment if starting the group before the day you've chosen to begin the challenge. As teachers join, they have an assignment there already to try if they'd like, while they wait for Day 1.

### Daily reminder emails:

Send participants a reminder email each morning with the day's reflection focus and activity. Encourage them to use their personal space each day alongside the challenge.

### Completion incentives:

Offer a small reward (e.g., a digital badge, entry into a swag giveaway) for completing all 7 days.