



# SUMMER BREAK AFFIRMATIONS



REPEAT DAILY (PAJAMAS ENCOURAGED):



"I AM OFFICIALLY OFF-DUTY.  
I RELEASE ALL THOUGHTS OF LESSON PLANS, GRADING, AND  
SURPRISE FIRE DRILLS.  
I EMBRACE NAPS AS A VITAL PART OF MY PROFESSIONAL  
DEVELOPMENT.

I WILL NOT FEEL GUILTY FOR EATING ICE CREAM FOR  
BREAKFAST, LUNCH, OR BOTH.



I AM ALLOWED TO SAY 'NO' TO ANYTHING THAT DOESN'T  
SPARK JOY—OR REQUIRE PANTS.

MY WORTH IS NOT MEASURED BY COMPLETED CHECKLISTS, BUT  
BY MOMENTS OF LAUGHTER, RELAXATION,  
AND THE OCCASIONAL POOL FLOAT SELFIE.



I WILL RETURN IN AUGUST REFRESHED, RECHARGED,  
AND POSSIBLY WITH A WEIRD TAN LINE.

UNTIL THEN, I CELEBRATE MY RESILIENCE, MY HUMOR,  
AND MY RIGHT TO FULL-BLOWN SUMMER SHENANIGANS.



\*\*I EARNED THIS BREAK. I DESERVE THIS BREAK.  
I AM THIS BREAK.\*\*



(PRINT, POST, OR READ UNTIL YOU BELIEVE IT.)

#EDUHAHASUMMERG