

## My 10° Shift

Complete these questions to help you clarify your shift.

My current practice:	
What do I want to change?	
Why do I want to change?	
How will I know I did it?	
What impact am I hoping to see/feel?	

Articulate your shift simply here:

TIP: Write your shift in a *specific* action step. "Use more at-promise language," or "connect with my kids more" is vague and makes it harder to measure progress. "Add praise to redirections and consequences," or "Remind students they are capable and I support them 3 times per class period," are shifts that you can quantify at the end of the day.

Place your notes on your desk, your computer, your whiteboard, anywhere it will be a tangible reminder of what you're working to make a habit. What if my students ask about the notes? What an amazing opportunity to share how even adults have changes they want to make! At the end of each day, give yourself a rating on how well you did. Also note any impacts on students.

Name: \_\_\_\_\_

## My 10 Degree Shift

WHAT do I want to change?

WHY do I want to change?

My 10°  
Shift

HOW is this different from  
what I'm doing now?

WHAT will it look and feel like  
when it happens?