

## TEACHING SELF-REFLECTION CHECKLIST

I invite you to join me in self-reflection before each lesson. Experience the value of pausing and engaging in deeper thought before you teach. Those who are mentally prepared are better instructors and leaders. These are questions I ask myself before I start a course or begin a workshop. Inspiration comes from your preparation.

Twelve questions to elevate your teaching readiness:

1. *What am I asking my kids to do? What is my “why”?*
2. *What is my first intention? What major point or idea is most important above all else today?*
3. *Is this content really that easy? What am I assuming?*
4. *What underlying knowledge is necessary to remember this new information? What should I review first?*
5. *What prerequisite skills might we be skipping over?*
6. *What is holding them back from learning today?*
7. *How will I validate what I hope they will learn?*
8. *What will we need to do to practice this new knowledge?*
9. *What can I do today to inspire them to become more courageous learners?*
10. *Where do I find my passion and how will I express this?*
11. *What is my inner voice on this subject matter? What do I need to express about it?*
12. *What can I emphasize about our values today? What will I do or say about larger issues like character, personal responsibility, or faith in this lesson?*

**TIP:** Should you find yourself lacking clarity after reviewing these 12 self-reflection questions, a useful approach is to do this review the night before to give yourself time to develop a deeper level of teaching readiness.