HOW TO RE-ENGAGE YOURSELF TO TEACH?

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Let’s all admit it, setting goal is much easier than finding way on how to do it. It’s hard to keep endeavors. Often time we are taken out of path, swaying in different directions, but in all of it, what needs to be done has to be done!

In those moments even people who love their jobs may have trouble pushing themselves to work at their highest capabilities. The question is “How can you motivate yourself to teach better. Here are some ways to motivate you to love teaching again.

1. Convince yourself

Focus on not how difficult it will be to achieve your goals but on how good you will feel about your work once it is done (Taube). Power up your mind with positive thoughts, sometimes thinking a head of the situation, gives positive vibes. As Marie Stein quotes “Make hard look easy, challenge yourself.

2. Take control

Despite of over whelmed responsibilities both personal and professional you can stay focus by keeping in mind that, at the very least you are in control of your own action. “Own every moment”, Brian Roemmele said, a person in control can build the tallest building and destroy the tallest buildings.

3. Surround yourself with people who are working hard

In order to achieve your goals, it’s best to be around with people who are working just as hard.
Get along with people whom you share the same objective in work. Be inspired to do harder and better. Most of life’s best lessons learned by experience, being with this people is like having an instant booster. As supported by psychologist that, we often times imitates the behavior of people who surrounds us, think like them, act like them and be like them.

4. Break up your tasks into smaller bits

“How will you enjoy your roasted chicken? By starting at a bit and enjoy every chew”. If you cannot swallow it as a whole, take a small bite at a time, doing job in parts make it easier to complete. Starting at the most simplest often leads to fewer mistakes yet more accurate step. Don’t forget to reward yourself for doing a job well done.

5. Aim for your goal

Today’s living offers a lot of destructors, it is wiser to set time on how long you will be using your cellphones, so you can be ready and be focus only on what you want to do. Don’t forget to pamper yourself after achieving the day’s target, a job well done!

6. You are made to succeed

Remember your purpose, and the reason why you’re doing such thing. What is the driving force that keeps you pursuing your goal? I knew a person who posted her goal at a time in the door of her bedroom; she keeps seeing it before going to work. Some of my friends have a wall paper on her cellphone a list of things to do, others inspiring thoughts on keeping themselves positively charged.

Remember your “why?”, because this why is the very heart of your said hardship. As Dr. Michelle Segar quotes “If a person’s power of will had given up, he must be boosted from the inside, he must empowered by his why”.

7. Attend Seminars
Seminars and trainings help reengage educators to be inspired in their profession. It gives positive feedbacks for teachers to love how to teach. It renews their inspiration of being a teacher. Plus latest trends in education were freely given at the seminars and trainings. Hearing inspiring words and articles about teacher gives teacher inspiration.

There are a lot of negative forces that can pull a person down, probably, the most tragic of all is self-esteem, no matter what’s the cause is, you should not let it get you down. You see, failure is inevitable; it is a part of our life. Success was determined by how we dealt with our failures. Tendon, as cited by Taube recommends that you should be doing what you need to accomplished your goal, regardless of what others might say about you. We should not look at others achievement, but instead we should look at our own and stay positive. Being at your best and feeling good about yourself is the best way to keep motivated. “It suggests that you should focus on your weakness and lastly, your employer would not have given you a job if they did not recognize certain skills in you” Abaza.

References:

https://michellesegar.com/sustainable-behavior-change/