LEARN HOW TO STAY CONNECTED TO YOUR PASSION

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People presumably choose to educate because they are passionate about education and have a burning desire to help young people achieve their potential. So how do teachers hold onto this passion and use it as motivation on a day to day basis?

The problem with motivation is that it can be here one moment and gone the next seconds if we don’t stay focus to it. And we know when our motivation goes because our feelings change and our energy levels drop.

So whether you are trying to inspire yourself or help others get motivated you might want to think about these four things: - First, is to set your objective, we all need to know where we are going and why and what to be done. It needs to be exciting, inspiring and challenging. And deep down it needs to be something you truly believe in. Second, is to manage your confidence, Just do your best in everything you can and look for and nurture new ideas. Surround yourself with positive people or things which inspires you. And remove or avoid the negative influences which lessen your energy. Third, maintain the energy level. Keep moving forward by taking small steps. Stretching yourself and taking action will give you a sense of progress and achievement. And find ways of rewarding yourself when you have conquered fear and stepped up to a challenge. Lastly, practice self-care, take care of yourself by investing enough sleep, good food and regular exercise. Try not to take criticism to heart, instead see it as an opportunity to make a lil bit of adjustment on what you are doing. Find a way of seeing the positive in every situation.
As a teacher your energy and attitude says a lot about you to others. Whether you like it or not, it’s a part of the job to be a role model for others, so let your passion shine through and stay connected with that part of you that you feel truly passionate about.

References:

https://www.edutopia.org/article – TEACHER DEVELOPMENT Keeping Your Passion for Teaching
https://www.inc.com/lee-colan/Simple Steps to Ignite Your Passion