Leaders for Learning

Innovate with Intention. Teach with Heart.

Daily EI Reflection Journal for Educators

EMOTIONAL INTELLIGENCE

*Innovate with Intention. **Teach with Heart.***
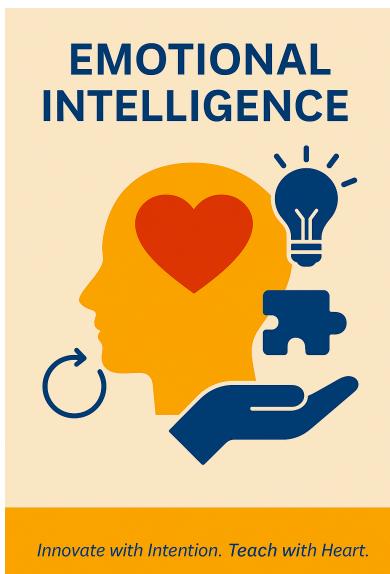
How to Use: Choose a prompt to include in your next team meeting to spark reflection, build empathy, and support professional growth. Each is designed to help educators evaluate the impact of digital tools on teaching and well-being.

> "You cannot effectively teach someone until you understand how they feel, and you cannot lead someone until you know how they learn." — Dr. Anecca Robinson, Founder, Leaders for Learning

Need Support with Your EdTech Implementation?

Book a Free 20-Minute Consultation Let's discuss your district's goals and how to align tools for measurable impact. Schedule your consultation here. Have questions? Reach out to: admin@leaders4learning.com.

Leaders for Learning LLC Empowering educators through clarity, strategy, and action.

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Prompt 1: Emotional Temperature Check

Rate your emotional experience today on a scale of 1–5:

1 – Overwhelmed or stuck	2 – Frustrated or disengaged	3 – Neutral / going through motions	4 – Energized and focused	5 – Connected and fulfilled

What contributed most to your score?

Prompt 2: Moments that Mattered

Reflect on key emotional moments related to EdTech today:

- A win I experienced with a student or colleague:
- A challenge that tested my patience or flexibility:
- One thing I did to foster connection or belonging:
- A moment I wish I had handled differently (and why):

Prompt 3: Frame and Refocus

Choose one challenge from today and apply an emotionally intelligent strategy:

- What was I feeling?
- What did the other person(s) need from me at that moment?
- How might I respond differently next time?

Prompt 4: Mindful Tech Integration

- One feature that enhanced learning or connection:
- One adjustment I can make for tomorrow (e.g., pacing, settings, digital norms):
- A new idea I'd like to explore:

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Prompt 5: Reflection Prompt of the Day Choose one:

- What gave me energy today—and why?
- When did I feel most aligned with my teaching values?
- How did I show empathy in a digital space?
- What student behavior challenged my assumptions?

Write freely—bullet points or short reflection.

Prompt 6: Looking Ahead

- Tomorrow I want to focus on:
- Support I could ask for:
- One thing I'll celebrate if it happens again: