

# PROSUBS DAILY JOY REFLECTION CARD

A 3-Minute Practice for Classroom Enjoyment & Fulfillment

## TODAY'S SMALL WIN

### What went well today?

Write 1-2 sentences about a moment of success, progress, or calm.

## MOMENT THAT MADE ME SMILE

A funny, sweet, or unexpected moment from the classroom.

## WHAT I DID WELL AS A PROFESSIONAL

Check one or more

- I stayed calm
- I redirected effectively
- I built rapport
- I followed the plan well
- I adapted when needed
- I modeled professionalism

## CONNECTION CHECK

Did I connect with another sub or educator today?

- Yes — and it helped
- Not yet — but I will tomorrow

## TODAY'S HUMOR MOMENT

Something funny a student said or did.

**Mantra: "I showed up. I made a difference. I'll do it again tomorrow."**