

**I'm not sure if
I actually
have free
time or if I'm
just forgetting
everything.**

**things I don't
feel like
doing today:
moving**

**describe
your
therapy in
6 words.**

**when other
people tell
you that
you're great,
believe them.**

**just
because it's
cute doesn't
mean it's
effective.**

**don't let
Instagram
make you
feel
inadequate.**

**complete
chaos isn't a
sustainable
way to live.**

**being an SLP
is the
hardest job
you'll ever
love.**

**this is a sign
that you
should take
a deep
breath**

**there's nothing
like the start
of summer to
remind you
that you have
no hobbies**

**keep
life
simple**

**you're
doing
just fine**

**you are
your best
resource.**

**you're a
human first
and an SLP
second**

**consume
less.
do more.**

**every
drop in
the bucket
counts.**

**one
thing at
a time.**

**you don't
have to be
productive
all the time.**

**I will make
better
mistakes
tomorrow.**

**sometimes I
have no
idea what
I'm doing.**

**that's
just part
of the
game.**

**it's okay if
you don't do
any school
work this
weekend.**

**we're all
making it
up as we
go along.**

**you deserve
a whole
sheet of
gold stars.**

**your
materials
matter.**

**stop trying
to run on
an empty
tank.**

**this too
shall
pass.**

**you can
do hard
things.**

**go the
entire day
without
complaining**

**take care of
yourself
today. your
students
need you
tomorrow.**

**how long
until
spring
break?**

**My body
is busy.
I am not.**

**you're doing
the best you
can and
that's
enough.**

**I hope you
have an
amazing
day!**

**sometimes,
everything
isn't that
pretty.**

**your job
doesn't
define you
(unless you
want it to)**

**have
patience
with
yourself.**

**you don't
have to
say yes to
everything**

to do:

- get delivery
- sit down
- watch Netflix

**leave
work at
work.**

**why do we
assume
everyone
else is doing
better than
we are?**

**nothing
makes time
seem to fly
like writing
IEPs that will
end in 2020**

**it will
never be
perfect.
make it
work.**

**you don't
always
need to be
doing more.**

**you cannot
fully control
the outcomes
for your
caseload.**

**take
time to
chill.**

**surround
yourself
with
positive
people.**

**I bet you're
rocking it
right now.
(even if it doesn't
feel like it!).**

**repeat
after me:
“I can
do this!”**

**behind the
success of
most SLPs is a
substantial
amount of
coffee.**

**sometimes
the most
productive
thing you can
do is relax.**

**just take
it day
by day.**

**don't say
maybe if
you want
to say no.**

**It's okay if
all you did
today was
survive.**

**I think I can
I think I can
I think I can
I think I can**

**woke up, had
some coffee,
and I think
that's enough
for today.**

**it's okay to
be happy
with a
calm life.**

**LET
GUILT
GO**

**in case
nobody told
you today,
you're a
great SLP.**

**teaches
communication
skills all day,
heads home,
puts on Netflix
and ignores
everyone.**

**what
would
happen if
I didn't do
this?**

**consider
overall
impact vs.
time spent**

**connect
before
you
correct**

**could this
be
easier?**

**GET
EXCITED**

**nothing
makes time
seem to fly
like writing
IEPs that will
end in 2020**

**you made
a
difference
today.**

**remember
that you're
just one
human
person and
that's okay.**

**you've
earned
your rest
for
tonight.**

**some
days are
just hard.**

**you can't
have joy
without
gratitude**

**when we
struggle to
believe in our
worthiness,
we hustle
for it.**

**you are not
a drop in the
ocean. you
are the
entire ocean
in a drop.**

**do more
things that
make you
forget to
look at
your phone.**

**sometimes
our stop-
doing list
needs to be
longer than
our to-do list.**

**radiate
positivity**

**relax.
nothing
is under
control.**

**you are
freaking
amazing.**

**setting
boundaries
is
self-care.**

**become
more aware
of what's
really worth
your
energy.**

**your ability to
connect with
the people
around you is
the single best
competitive
advantage
you can get.**

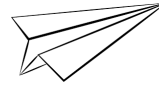
**go
back
to your
why.**

**if you can face
a room full of
teenagers or
energetic
preschoolers
and make it out
alive, you can
do anything.**

**happiness
is an
inside
job.**

**don't
hurry**

be happy



**explore.
dream.
discover.**

**every SLP
needs a
friend who
gets it**

- 1. regulate**
- 2. relate**
- 3. reason**

**note to
self:
RELAX.**

**breathe
deeply.
feel the
magic of
letting go.**

**you can
restart
your day
at any
time.**

**focus
on
connection**

~~**do what you
love and
you'll never
have to
work a day
in your life.**~~

**don't be
afraid to
put mental
health
first.**

**even on your
worst day,
you might be
the best part
of a child's
day.**

**cut yourself
some slack.
you're doing
better than
you think.**

**your first
priority as
an SLP is to
enjoy your
students.**

**you can
restart
your day
at any
time.**

**you don't
need to be
perfect to be
exactly what
a student
needs today.**

**can you relax
your
expectations
without
anybody else
noticing?**

**you can't
do a good
job if your
job is all
you do.**

**effective
therapy
isn't
rushed.**

**summer
is going
by way
too fast**

**press
pause**

**take a
deep
breath &
do your
own thing**

**you can
be a good
person
and still
say no**

**don't forget
that you
have a life
outside of
being an SLP**

**a
confused
mind
says no**

**all we
have is
NOW.**

**when is
the last
time you
did
nothing?**

**the best
time for
new
beginnings
is now.**

**baby
you're a
firework**

**you don't
have to be
perfect to
make a
difference**

**value
your
energy.**

**don't count
the days.
make the
days count.**

**find
something
new to
love
today.**

**she believed
she could
but she was
really tired
so she didn't.**

**make
good use
of today.**

**take time
to make
your soul
happy.**

**rise up and
attack the
day with
enthusiasm.**

**do less
than
you
can.**

**the
struggle
ends when
the
gratitude
begins.**

**I have the
power to
make this
work.**

**thoughts
are not
facts.**

**to be
happy is
a great
decision.**

**Am I a perfect
SLP? No.**

**But am I trying
my best to be
a perfect SLP?
Also... no.**

**you are
part of
something
vast and
purposeful.**

**we won't be
distracted by
comparison if
we are
captivated
with purpose.**

**you're
not
stuck.**

**I will
get
there.**

**do not
speak
unless you
can
improve
the silence.**

**just focus
on the 24
hours in
front of
you.**

**communication
is NOT
a thing.
it is
everything.**

**let your
students
see the
real you.**

**brag
about
you.**

**start each
day with
a positive
thought.**

**when you
have a
bad
moment,
let it go
quickly.**

**consistency
is more
important
than
perfection.**

**no matter how
much gets
done or doesn't
get done
today, you are
enough.**

**what am
I going
to focus
on?**

**they get
excited
over one
smile.**

**put
yourself
at the top
of your
to-do list.**

**the influence
you have on
a student
today might
change the
course of
the world.**

**relationships
are the most
important
thing
occurring in
our schools.**

**have a
maximum
of three
priorities
for each
day.**

**this work is
incredibly
hard and
you're
doing a
great job.**

**if all of your
lesson plans
go perfectly
then you
aren't taking
enough risks.**

**I am
here
for the
kids.**

**whoever is
happy will
make
others
happy too.**

**never
forget how
wildly
capable
you are.**

**the day you
die, you'll
still have
things on
your to-do
list.**

**my desire to
help students
is stronger
than any
negativity
around me.**

**nothing
makes time
seem to fly
like writing
IEPs that will
end in 2019.**

**keep
calm and
hug your
SLP BFF.**

**when SLPs
enjoy what
they do,
students
just know.**

**kindness
begins
with me.**

incredibly
thankful
**for the amazing
SLPs I'm
surrounded by!**

**is anyone
really
confident with
how they say
worcestershire
sauce?**

**I'd like to
announce
that I have
no idea
what I'm
doing.**

**goal:
calmness
during
difficult
situations.**

**I'm not a
perfect SLP.
I'm just a
normal SLP
trying to teach
kids that their
voice matters.**

**I'd get a lot
more sleep if
I didn't insist
on reading
the entire
internet
before bed.**

**say something
positive about
yourself.**

I am _____.

**you are far
too smart to
be the only
thing
standing in
your way.**

**adopting the
right attitude
can convert a
negative
stress into a
positive one.**

**today,
anything
is
possible.**

**every child
needs at least
one adult
who is
irrationally
crazy about
him or her.**

**give
yourself
a
freaking
break.**

**the closer
we are to
the present,
the more
incredible
life is.**

**you're
not
alone.**

DOUBT

**children
who
challenge us
are our best
teachers.**

**never
doubt your
ability to
do
something
amazing.**

**it's not the
load that
breaks you
down, it's
the way you
carry it.**

**if you're
reading this...
congratulations,
you're alive. If
that's not
something to
smile about,
then I don't
know what is.**

**here's to
the mid-
climb
hustle.**

**choose
happiness.
on
purpose.**

**when
things go
wrong,
don't go
with them.**

**sometimes you
just need to relax
and remind
yourself that
you're doing the
best you can and
everything will
turn out just fine.**

**you can't do
Bloom's stuff
before you
take care of
Maslow's
stuff.**

**what are
you going
to do to
make today
great?**

**know that you
can start late,
look different,
be uncertain,
and still
succeed.**

**it is what it
is but it will
become
what you
make it.**

**Sundays
should
come with
a pause
button.**

**imagine if you
obsessed
about all of the
things you're
doing right
every day.**

**wherever you
are planted
you are
meant to
bloom and
thrive.**

**do
less.**

**I may not be
there yet, but
I'm closer
than I was
yesterday.**

**my yoga
pants are
calling
and I
must go.**

**where you
invest your
love, you
invest your
life.**

**what did the
grape say when
it was crushed?
nothing. it just
let out a little
wine.**

**what
makes
you
weird?**

**my yoga
pants are
calling
and I
must go.**

**don't
overthink
it.**

**be good
to people
for no
reason.**

**breathe in.
breathe out.
move on.**

**kids don't
learn from
people they
don't like.**

**the older you
get, the more
you appreciate
staying at
home doing
nothing.**

**hurt
kids
hurt
adults.**

**let
whatever
you do
today be
enough.**

**it's Friday!
time to go
make
stories for
Monday.**

**compliment
your
students.
magnify their
strengths, not
their
weaknesses.**

**SLP Tip:
Don't put your
coffee cup on
the roof while
you load your
bag.**

**work
smarter,
not
harder.**

**girl, you
look good
in that
fluorescent
lighting.**

**what if we
devoted
this year to
loving
ourselves
more?**

**don't do
it all. just
do most
of it.**

**if it's not
gonna matter
in 5 years,
don't spend
more than 5
minutes
upset by it.**

**monday
tuesday
wednesday
thursday
friday
blink
monday**

**start your
work day
with your
#1
priority.**

**most people
overestimate
what they can
do in 1 day and
underestimate
what they can
do in 1 year.**

**namastay
away
from work
emails
after 4pm.**

**see
the
good.**

**do I have
to do this?
does it
have to be
done by
me?**

**what
went
well?**

**use your
words to
change
the
world.**

**you are
enough
and you
are doing
amazing
things.**

**you can't
pour from
an empty
cup.**

**exhaustion
is NOT a
trophy.**

**try to
remember not
to care about
the things you
don't care
about.**

**you don't need
to prove your
value more
than a
mountain
needs to prove
it's height.**

**Insanity: Doing
the same thing
over and over
and expecting
different
results.**