



Activity: The Worthiness Balance Sheet

Following up on our November post, take a moment to reflect on what truly makes you a worthy educator. Use this short activity to shift the narrative from external titles to the meaningful impact you make every single day. Your work matters — even when no one is watching.

We invite you to share one sentence from your Worthiness Statement with the hashtag **#WorthyEducator** to strengthen our community’s collective voice, shared purpose, and commitment to genuine impact.

Purpose

To help educators recognize and reclaim the true sources of their professional worth by looking beyond titles, awards, and external recognition — and instead centering the meaningful work they do every day.

Step 1 — Reflect on the Current Narrative

Prompt:

Take a moment to reflect on the ways society typically measures a “successful” educator — test results, degrees, certifications, positions, or public praise.

Ask yourself:

- When have I felt pressured to “achieve” something just to look worthy?
- How has that shaped the story I tell about my professional value?

Write down 3–5 examples.

Step 2 — Create Your “Worthiness Balance Sheet”

Use the PDF chart [linked here](#) (or copy into a journal or print).

Step 3 — Identify Your Core Worth

Circle or star the items from the second column that most represent:

- Who you are
- What you stand for
- The difference only you can make

Write a brief reflection:

- What patterns do I see about the educator I truly am?
- What patterns do I notice about where my worth truly comes from?
- What values show up again and again in how I teach and lead?
- Where have I made a difference that no title or award could ever reflect?
- What brings me energy in this profession — even on the hard days?
- Which pressures or expectations can I begin to release based on what I see here?

Step 4 — Craft Your Personal Worthiness Statement

Using what you circled, finish this sentence:

“I am a worthy educator because...”

Example starters:

- *I am a worthy educator because I show up with courage and compassion — every day.*
- *I am a worthy educator because my students know I see them.*
- *I am a worthy educator because progress matters more to me than praise.*

Keep it authentic. Keep it grounded. Keep it **yours**.