

# **Neptune Township School District PD Session 1**

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**Appelbaum Training Institute**

**800-23-CHILD**

**[www.atiseminars.org](http://www.atiseminars.org)**



# Appelbaum Training Institute



I am so glad you are here! This first session is designed specifically for helping you recall “your why.” It is packed with useful information and usable strategies

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# Remembering Your Why

“Teaching asks so much of you. This morning is not about adding more to your plate. It’s about reconnecting with the purpose that brought you here and the purpose that keeps you here.

“You already know your why. You live it. This session is about recognizing how it shifts as you do.

Childhood has changed. Teaching has changed. The world has changed.  
The why typically evolves too.

## One Word Whys

- |                |                |
|----------------|----------------|
| 1. Belonging   | 8. Hope        |
| 2. Community   | 9. Impact      |
| 3. Confidence  | 10. Purpose    |
| 4. Connection  | 11. Resilience |
| 5. Curiosity   | 12. Safety     |
| 6. Empowerment | 13. Stability  |
| 7. Growth      | 14. Trust      |

## One Sentence Whys

1. I want every student to walk into a room where they feel noticed, valued, and protected.
2. I teach because I love watching a student’s eyes light up when something finally makes sense.
3. I had a teacher change my life and I want to do the same for others.
4. I teach because I want students to see their strengths, not their limits.
5. I love the laughter, the silliness, the “aha” moments, and the magic that happens in a classroom.

**My What - I know what I do.**

**My How - I \_\_\_\_\_ know how I do it.**

**My Why - I \_\_\_\_\_ know why I do it.**

**Our What - We know what we do.**

**Our How - We \_\_\_\_\_ know how we do it.**

**Our Why - We \_\_\_\_\_ forget why we do it.**

**The purpose of life is a life of purpose.” – Robert Byrne**

## Strategies for Maintaining the "Why"

- Reflect on Your Journey.
- Celebrate Big and Small \_\_\_\_\_
- Revisit Success \_\_\_\_\_.
- Create a Motivation Board.
- Remember \_\_\_\_\_ from Families.
- Make Time for \_\_\_\_\_.
- Embrace the Power of Play.
- Find Your Favorite Teaching Moments/Activities.
- Remind Yourself of the Bigger Picture.
- Mentor/Help Another \_\_\_\_\_.
- Observe a Student's Breakthrough Moments.

### What's My Why?

- |   |                                      |
|---|--------------------------------------|
| • "I teach because..."                    | "A student who changed me was..."    |
| • "I feel least successful..."            | "A time I almost quit but didn't..." |
| • "The students in my room need me to..." | "A moment I knew I mattered..."      |
| • "I feel most successful when..."        | "A moment I'll never forget..."      |

### More Strategies

Cultivate a positive mindset.

The mind is so powerful that more than 30% of people who take a fake pill, think it is \_\_\_\_\_.  
The \_\_\_\_\_. There's nothing in the pill but the belief that it works.

Remember your "why" may and probably will evolve over time.

Reflect on your "why" when you're struggling and when you're thriving.

Knowing your "why" makes you more resilient to burnout.

Your "why" may not be the same as your \_\_\_\_\_ why.

Sharing your "why" with others can strengthen team culture.

Remembering your "why" helps you make tough decisions.

Burnout is not a sign that you've \_\_\_\_\_ career.

Reflecting on positive moments reignites the passion for teaching.

Your "why" is not a fixed statement that \_\_\_\_\_ changes.

***"Your 'why' is not just a reason.***

***It's a reminder. A reminder that what you do matters and you make a difference."***

## MY PRESENCE MATTERS!

**My energy, my words, and my example leave lasting imprints.**

**“When I feel discouraged, I want to remember...”**

**“My ‘why’ today is...”**

## Remembering Your Why Enhances Your Well-Being

Knowing your why positively influences both mental and \_\_\_\_\_ health, and research backs it up. Educators work in environments that can be both emotionally and physically demanding, so having a strong sense of purpose can truly affect how you feel and how you show up each day.

### Emotional & Psychological Benefits

- **Reduces \_\_\_\_\_:** Teachers with a clear sense of purpose report lower stress levels and higher job satisfaction, even when challenges persist.
- **Improves Emotional \_\_\_\_\_:** Your sense of purpose is what steadies you when things get hard. When you’re clear on why you’re there, it becomes easier to meet conflict or classroom chaos with empathy instead of frustration.
- **Boosts Happiness & \_\_\_\_\_:** Teachers who focus on impact rather than tasks feel stronger satisfaction.

### Physical Health Benefits

- Lower blood pressure
  - Stronger immune function
  - Better sleep quality
  - Reduced inflammation and pain perception
- **Purpose Acts as a Buffer Against Stress:** Stress is linked to fatigue, headaches, and emotional exhaustion.

### Rate yourself from 1–5 on:

\_\_\_ Energy  
 \_\_\_ Joy  
 \_\_\_ Purpose  
 \_\_\_ Stress  
 \_\_\_ Connection

Which number needs the most attention today?

### How Does Your Why Strengthen This Area?

Emotional health  
 Physical health  
 Classroom climate  
 Student relationships  
 Professional identity

***“Your why is not a sentence you write.  
 It’s the lives you shape.”***

**Marty Appelbaum**