**Implementing What Went Well into Your Teaching Practice.**

**(It’s not a magic bullet, but it sure does help!)**

**WHEN-** It’s time for WWW when you feel:

* Frustrated or angry
* Overwhelmed
* Wrapped up in negativity
* Before and/or after something difficult (ie. a hard class, a parent phone call, a conflict with a colleague)

**SCHEDULE IT-** Have a regular WWW time set aside. It front-loads positivity and it boosts you up, so you can handle hard stuff better:

* After school at your desk
* During lunch with a trusted colleague(s)
* During dinner with your family or friends

**IN CLASS-** It’s GREAT to do with your students:

* When they have performed well or after a project for self-reflection
* Acknowledging individual kids in front of the group
* One on one with students – great during academic reviews

**HOW TO DO IT-**

1) Share the technique with a few people. (Pick people you trust, who are good listeners, and/or who you’d like to get to know more.)

2) Designate a time and place to focus on the good stuff. (The harder stuff will still be there, and you’ll deal with it directly soon enough, but right now is for what went well.)

3) Pick a specific moment, or a general time on which to reflect. (ie. I just got into a power struggle with my student again! I’ll take 3 minutes to reflect on www. What things *did* I do right? What things *did* go well?)

4) Ask yourself (or your colleagues), “What went well? What am I (you) proud of? What did I (you) do that worked?” (Even the littlest things count!)

5) Everyone shares at least 3 WWW’s.

6) Notice how things shift as you go back into your day. How do you feel now? How does WWW benefit you, your students, and the others around you?

7) Set the next time to get together.