

Teacher Burnout Reset Checklist

A 10-minute reset for educators who are tired—but still care deeply.

Burnout is not a personal failure. It's a signal that too much has been placed on you without enough support. Use this checklist to pause, release what's draining you, and reset with clarity.

Step 1: Release What Isn't Yours

- ☐ I am carrying expectations that were never clearly defined.
- ☐ I am absorbing stress that belongs to the system—not me.
- ☐ I am over-explaining, over-fixing, or over-functioning for others.
- ☐ I give myself permission to let go of one unnecessary responsibility.

Step 2: Simplify Instruction (Not Effort)

- ☐ I will focus on one high-impact literacy practice this week.
- ☐ I will stop adding strategies and strengthen the ones already in place.
- ☐ I will use routines that reduce planning time and increase student independence.
- ☐ I will remember: consistency beats complexity.

Step 3: Reset Boundaries

- ☐ I will protect one block of personal time this week.
- ☐ I will stop responding immediately to everything that feels urgent.
- ☐ I will say no—or not right now—without guilt.
- ☐ I will choose sustainability over perfection.

Step 4: Refocus on Impact

- ☐ I will name one student success from the past two weeks.
- ☐ I will measure progress, not pressure.
- ☐ I will remind myself why my work matters—even on hard days.
- ☐ I will focus on what I can control inside my classroom.

Step 5: Commit to One Small Reset

- ☐ One practice I will continue:

☐ One practice I will pause or remove:

☐ One support I need to ask for:

You do not need to work harder to be effective. You need clarity, support, and permission to reset.

Created by the National Literacy Institute