

# TEACHING IS EMOTIONAL

## THE JOURNAL

Key quotes to get you thinking about  
the emotions of teaching

**Diane E. Manser**



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# INTRODUCTION

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Teaching—more than is recognized—is an emotional profession that will challenge us in ways we may never have expected. Whether you’re a new teacher or a seasoned educator, you know that teaching has its way of lifting us up with moments of joy and fulfillment while also bringing moments of overwhelm and self-doubt. Teaching can demand more than it gives, asking us to show up as educators, mentors, advocates, cheerleaders, and counselors. Journeying through this profession, we learn that our teaching day can stay with us long after the day has ended, and that sometimes it can test our patience, our resilience, and our sense of purpose. While we experience these feelings, we also trust that we are doing something special and unique as we serve others and as we give the best we can.

The often-neglected emotional side of teaching is the focus of the memoir *I Didn’t Sign Up for This: One Classroom Teacher’s Journey Through Emotional Fatigue to Personal Empowerment*, which speaks to the emotional weight teachers carry and the resilience it takes to reclaim their empowerment and well-being.

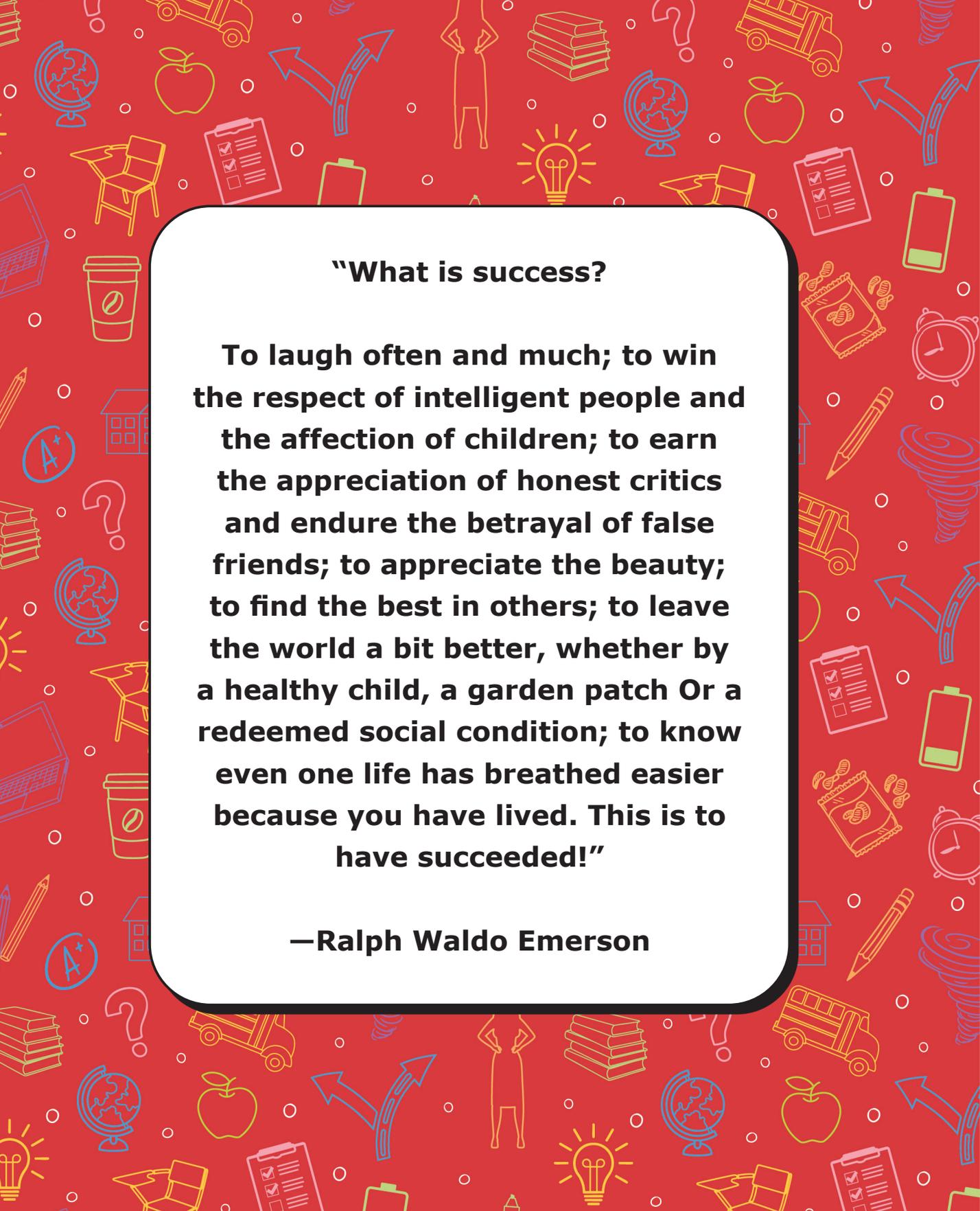
This journal serves as a companion to that journey, offering a space for reflection, renewal, and rediscovery. Inside, you’ll find carefully chosen quotes from *I Didn’t Sign Up For This* as well as from others that address the heart of teaching—the struggle, the resilience, and the triumph.

*WE SIGNED UP TO MAKE A DIFFERENCE—NOW LET’S MAKE  
SURE WE ARE CARING FOR OURSELVES ALONG THE WAY.*

Use this journal as a tool for transformation and as a space where you can learn about your own purpose, embrace your own growth, and reclaim your empowerment and joy. Our empowerment begins with self-awareness and through self-awareness we widen the teacher’s happiness path. Interact with this journal the way it makes sense to you: to release thoughts, to share frustrations or hurts, to capture moments of inspiration, or to remind you why you began this work in the first place. Let these chosen quotes remind you that you are not alone.

Teaching is a brave profession, and you are brave for being a teacher. Thank you for taking the time to invest in yourself as an educator. Thank you for continuing to make yourself the highest value and the most integral part of your classroom space.

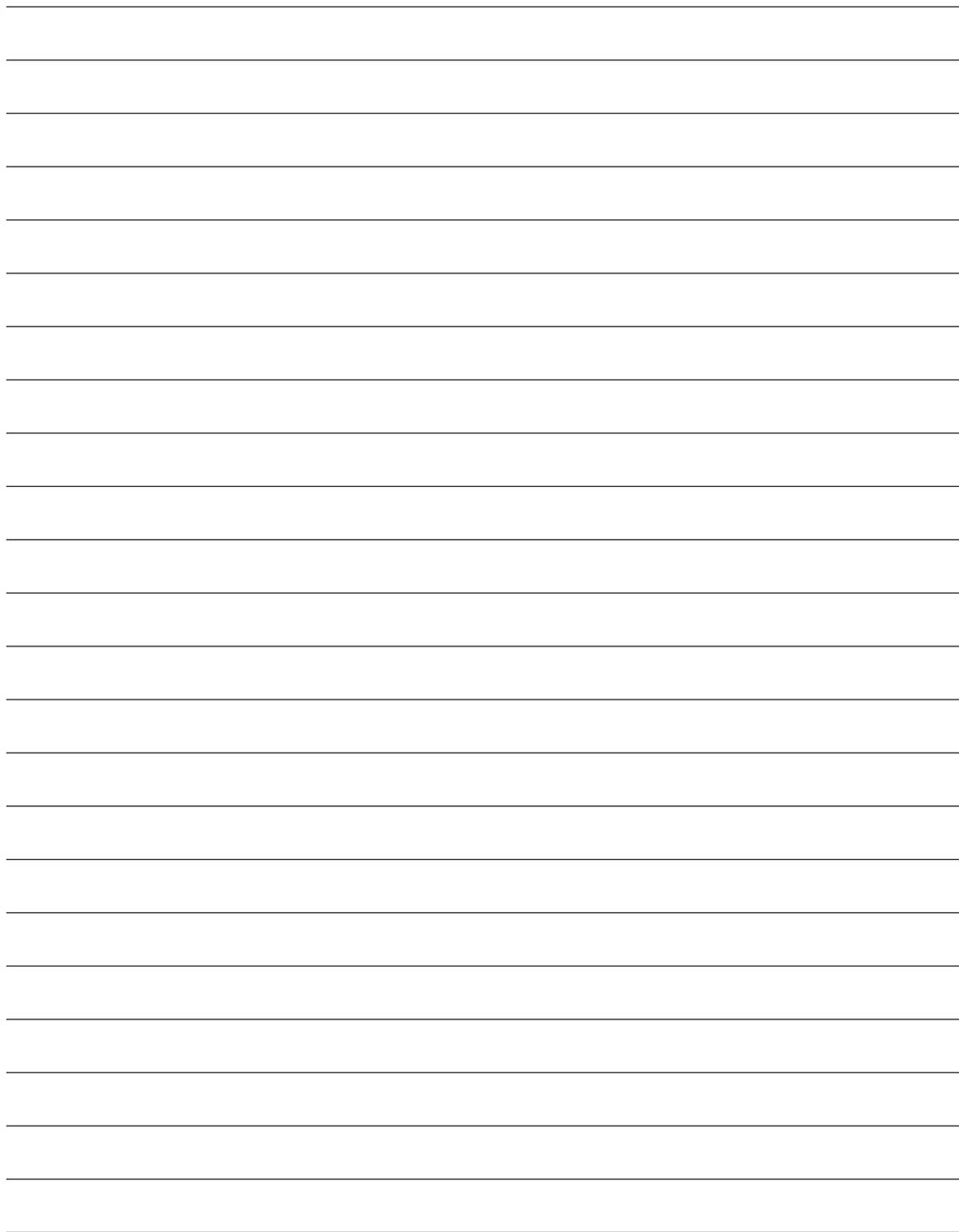
May these quotes and your reflections lead you to grace, renewal, and inspiration.



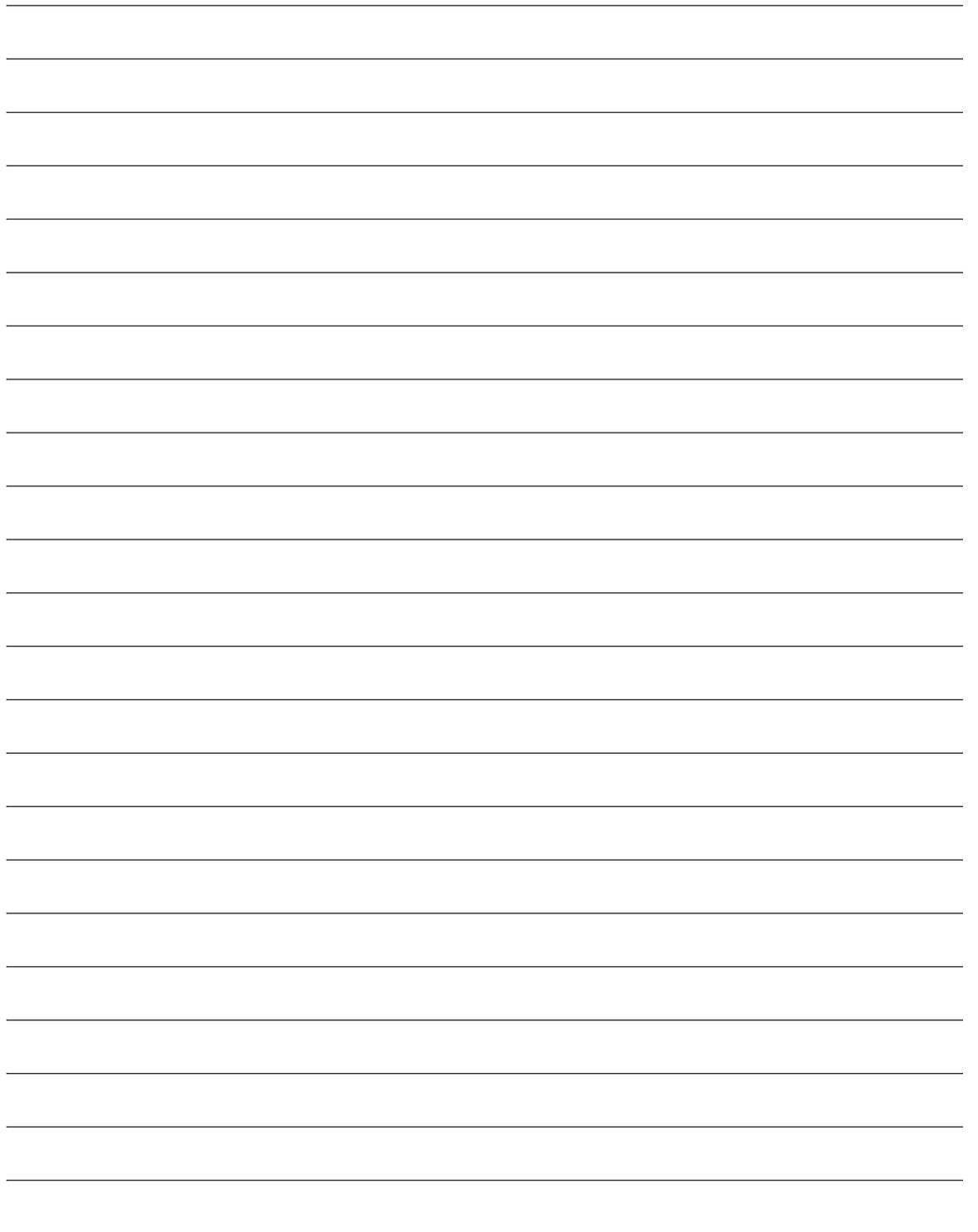
**“What is success?”**

**To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate the beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch Or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded!”**

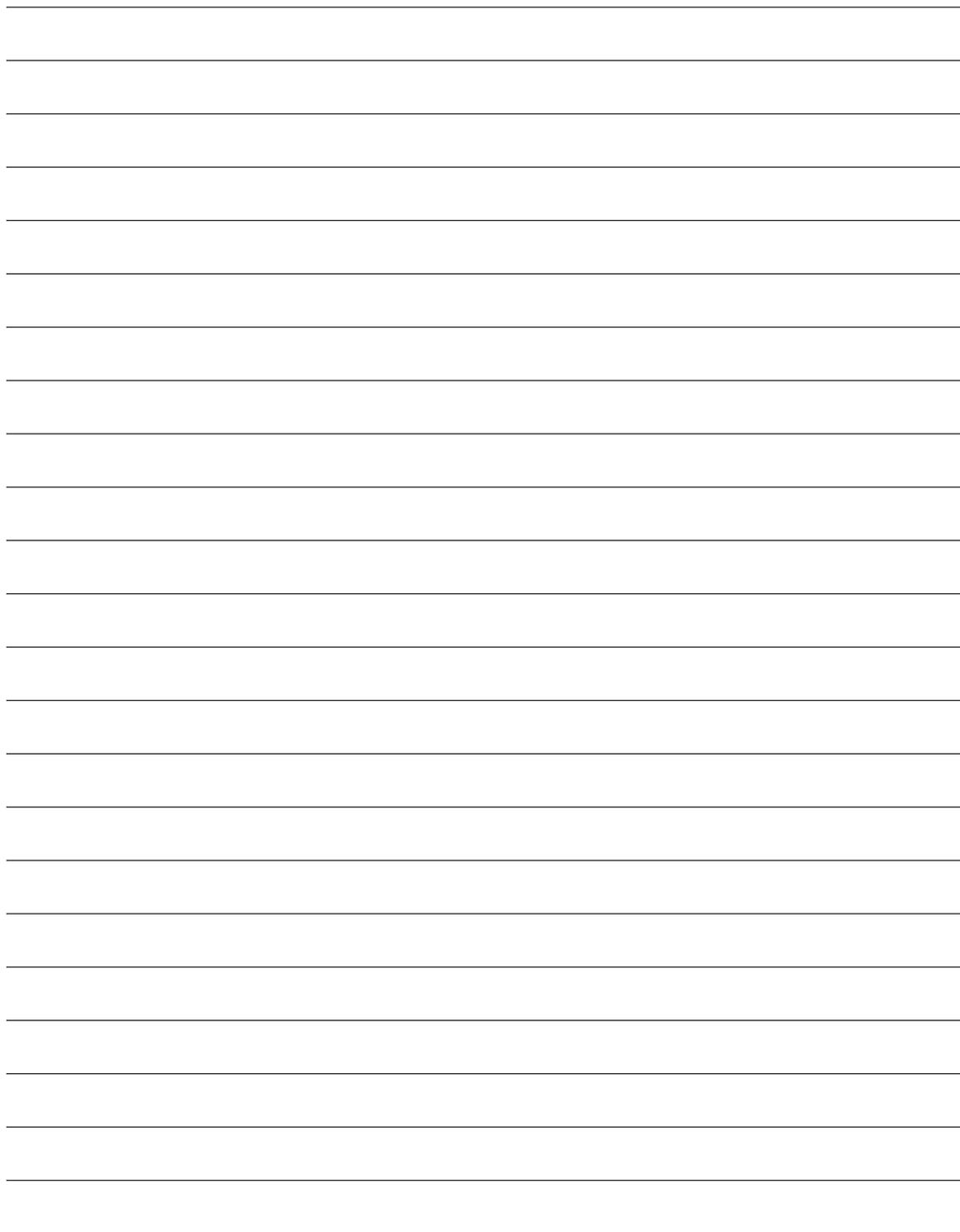
**—Ralph Waldo Emerson**



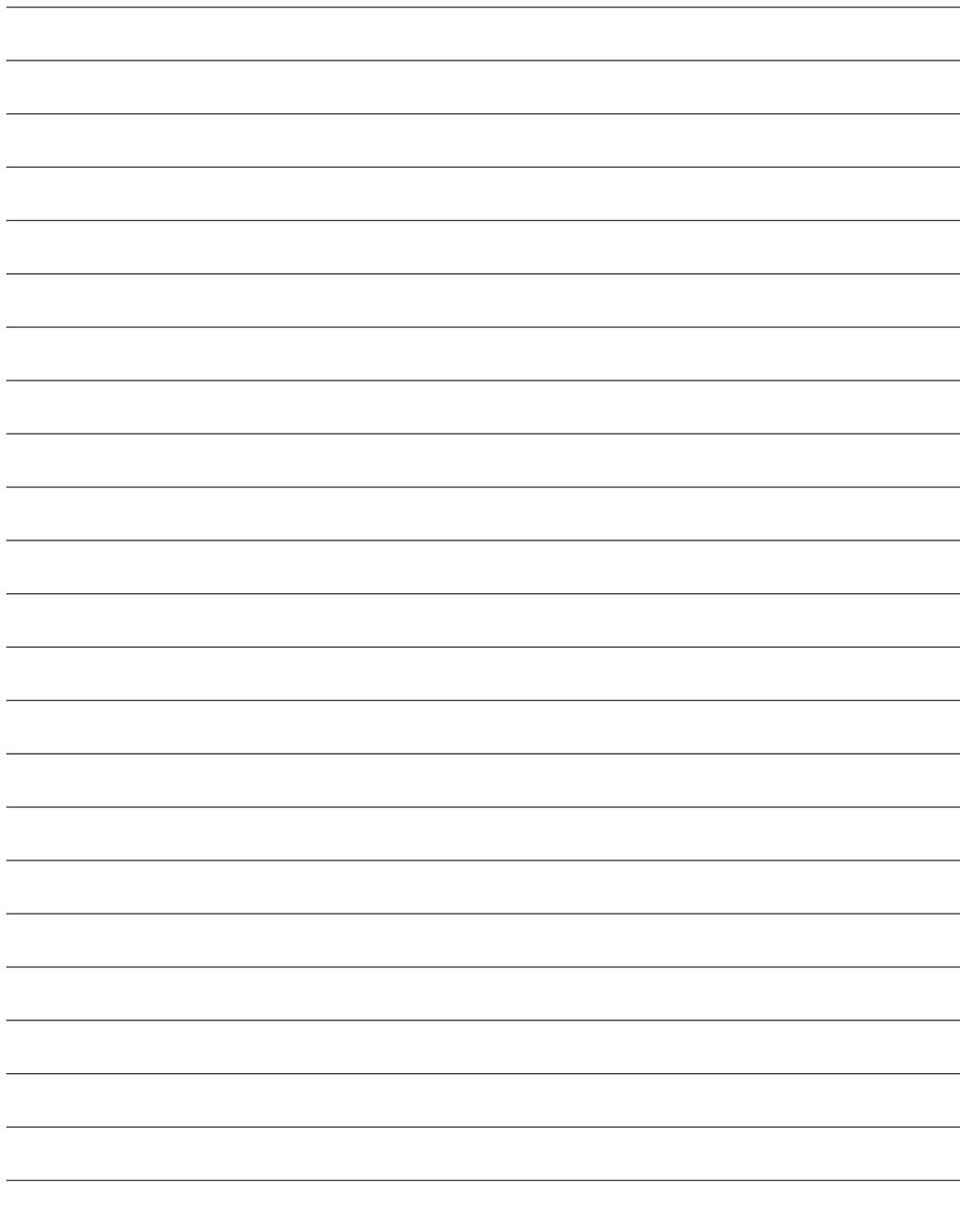




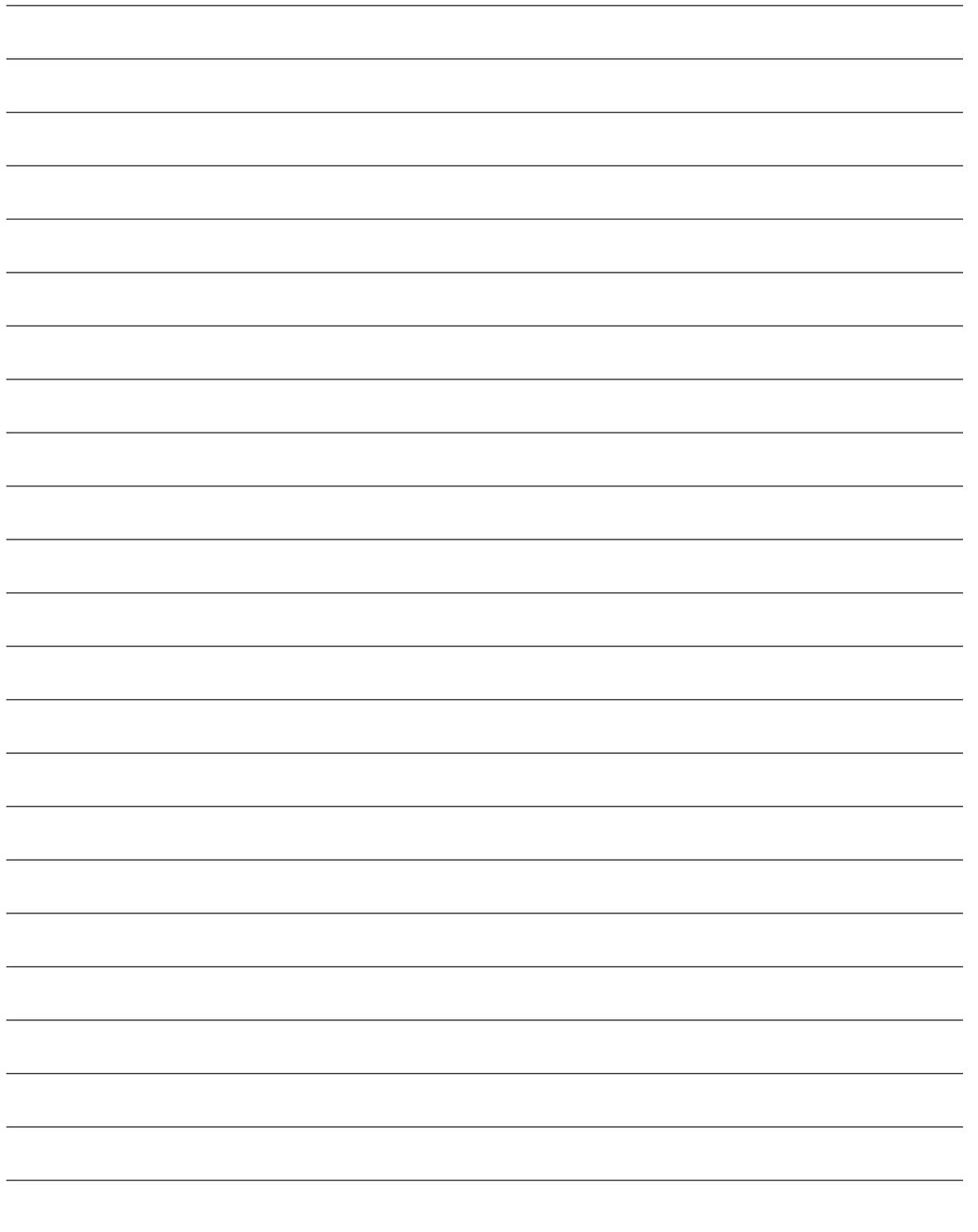




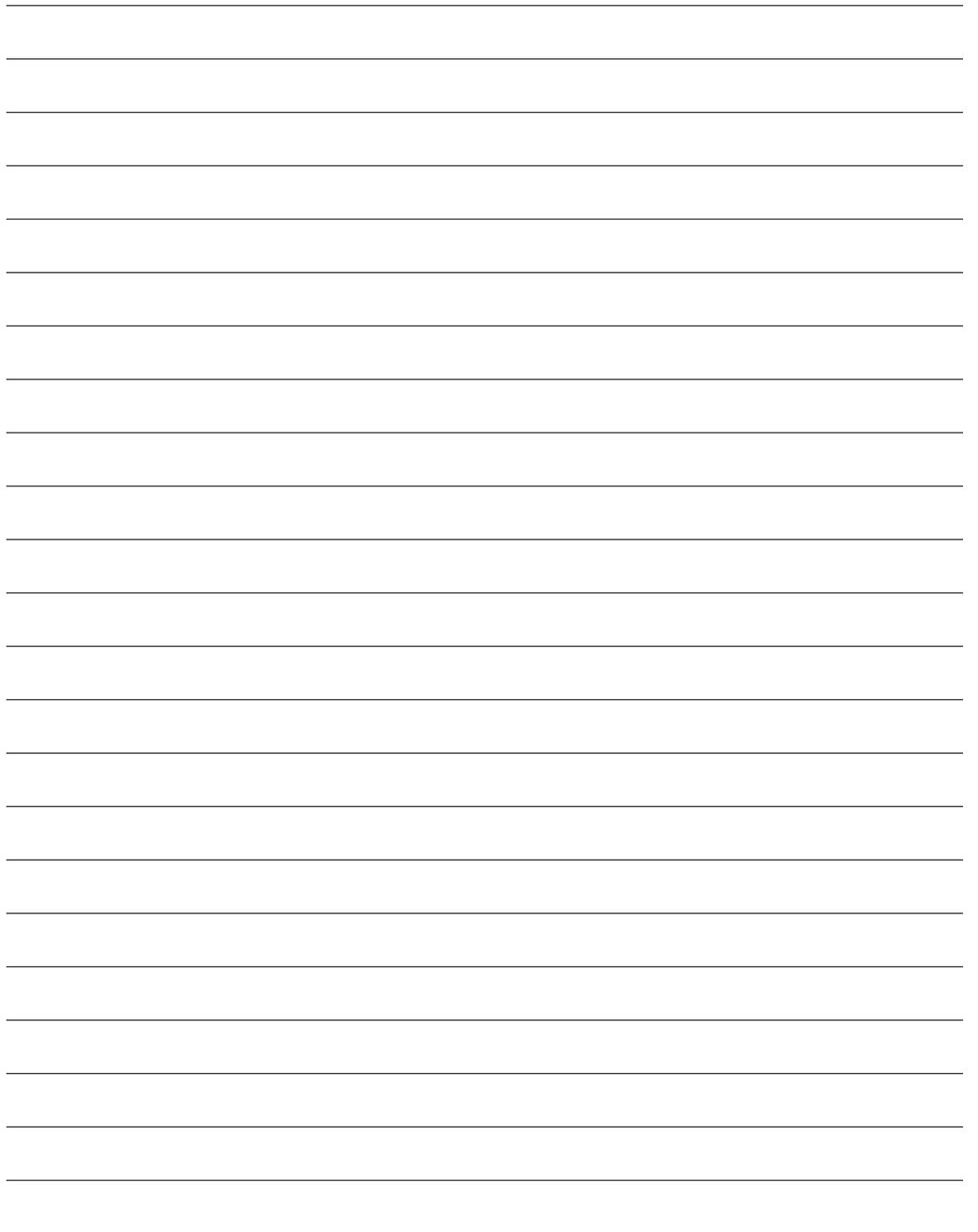




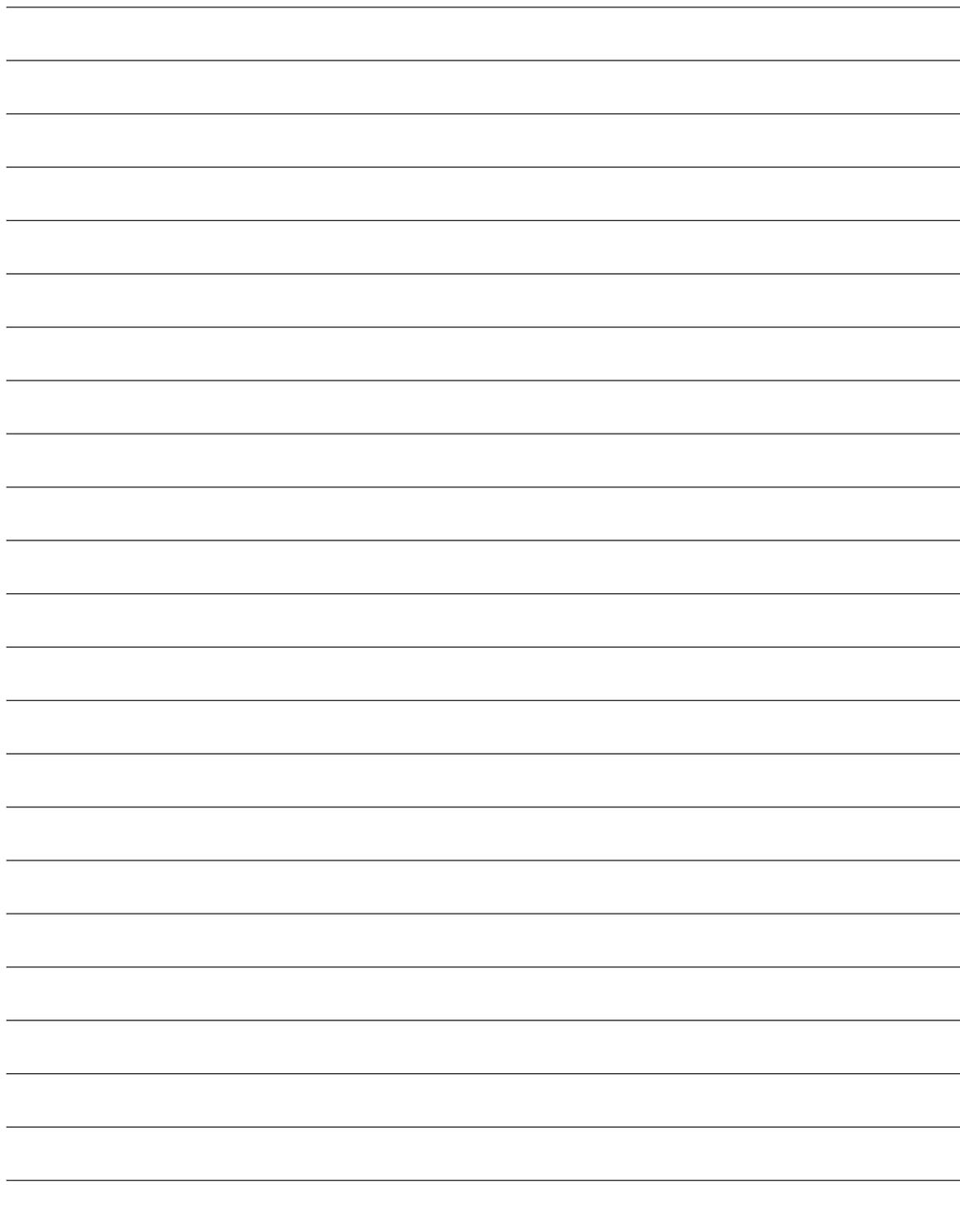




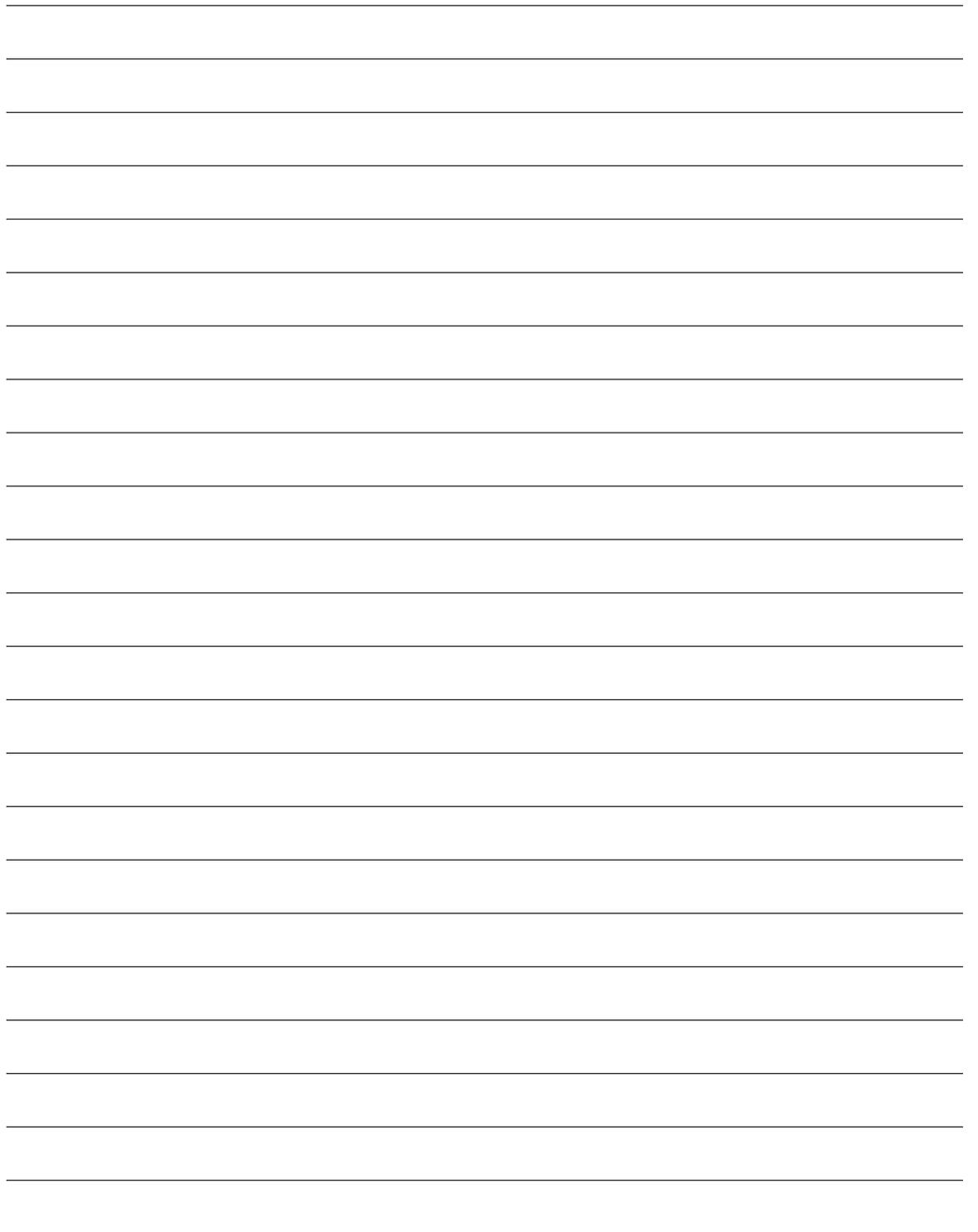




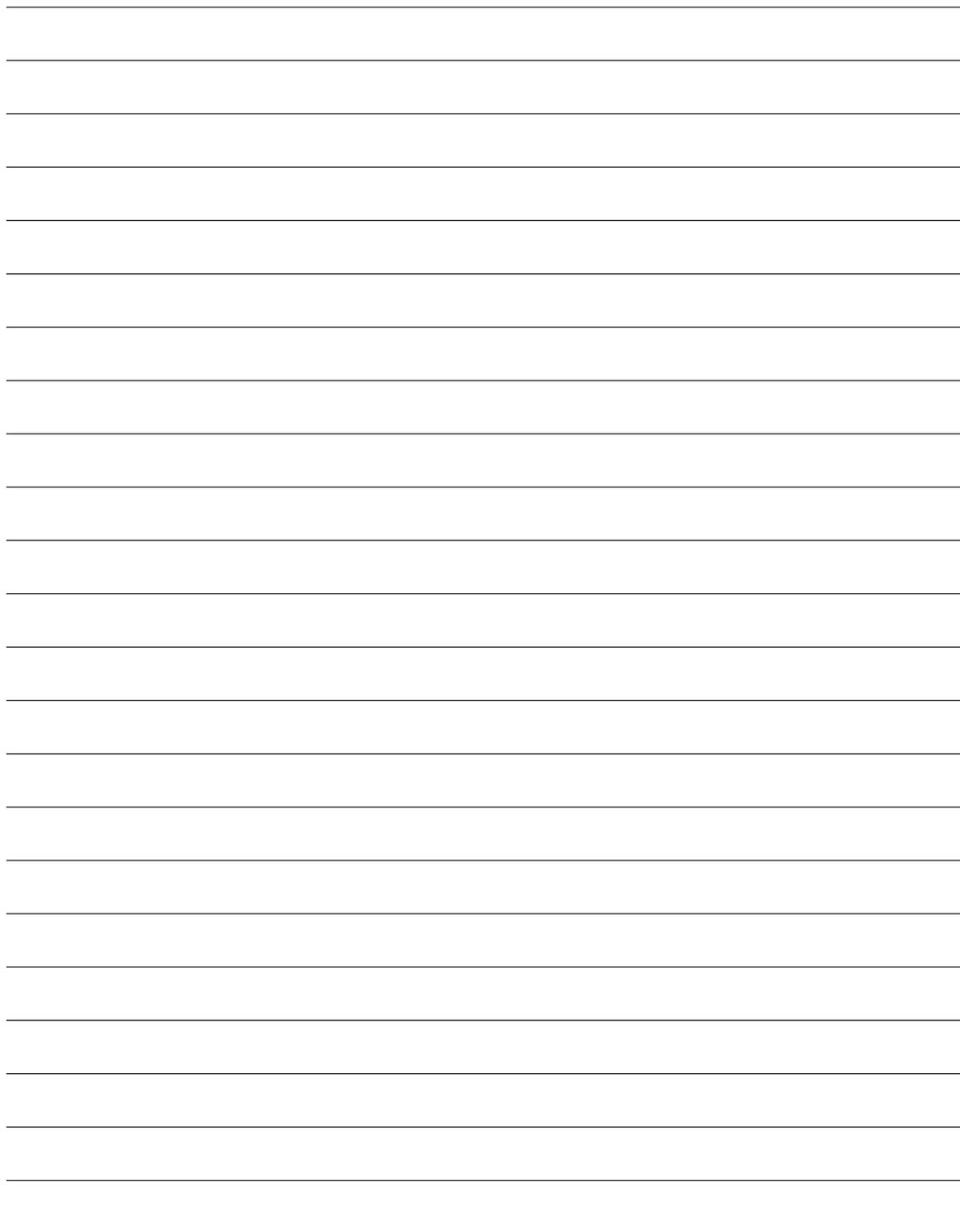




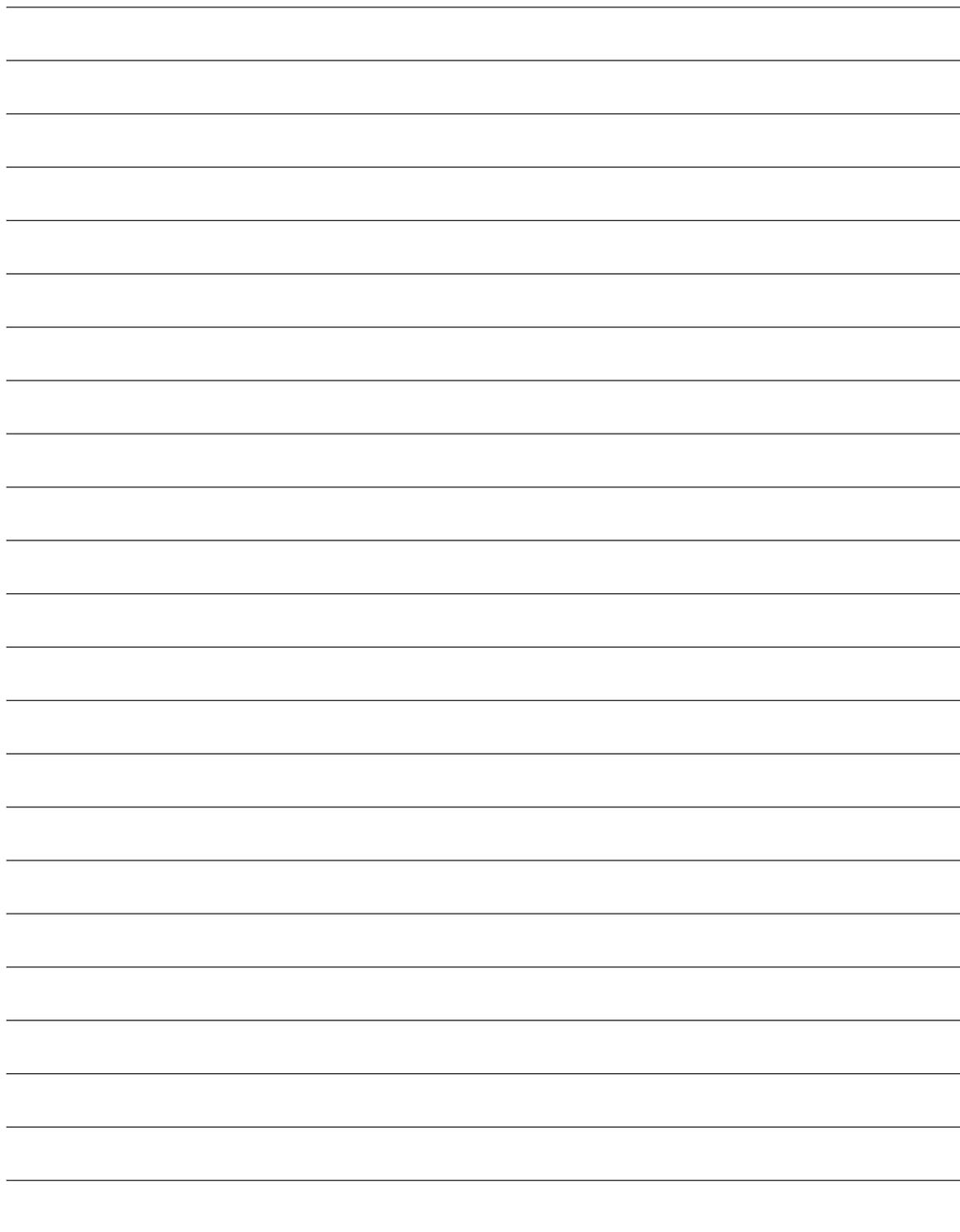




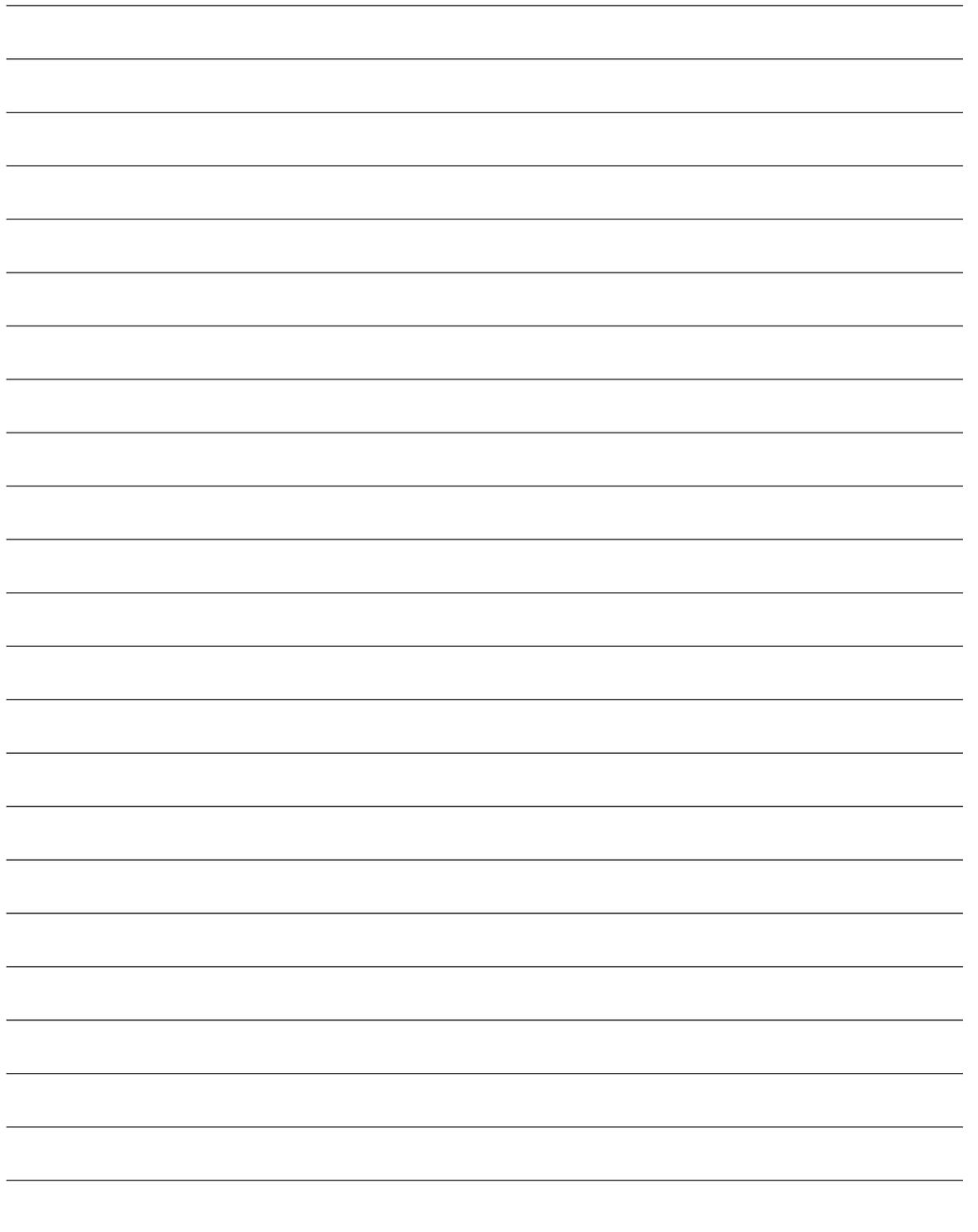




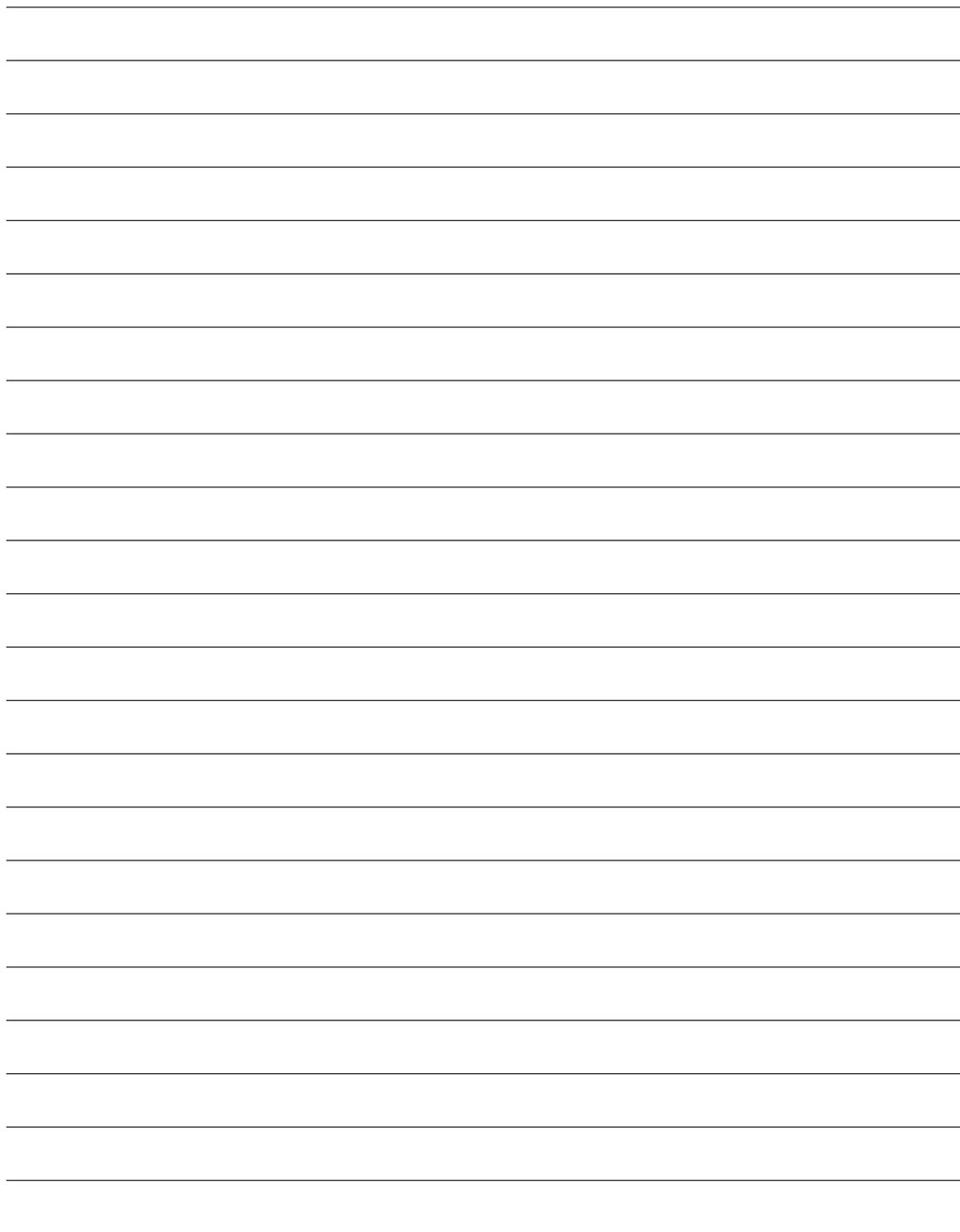




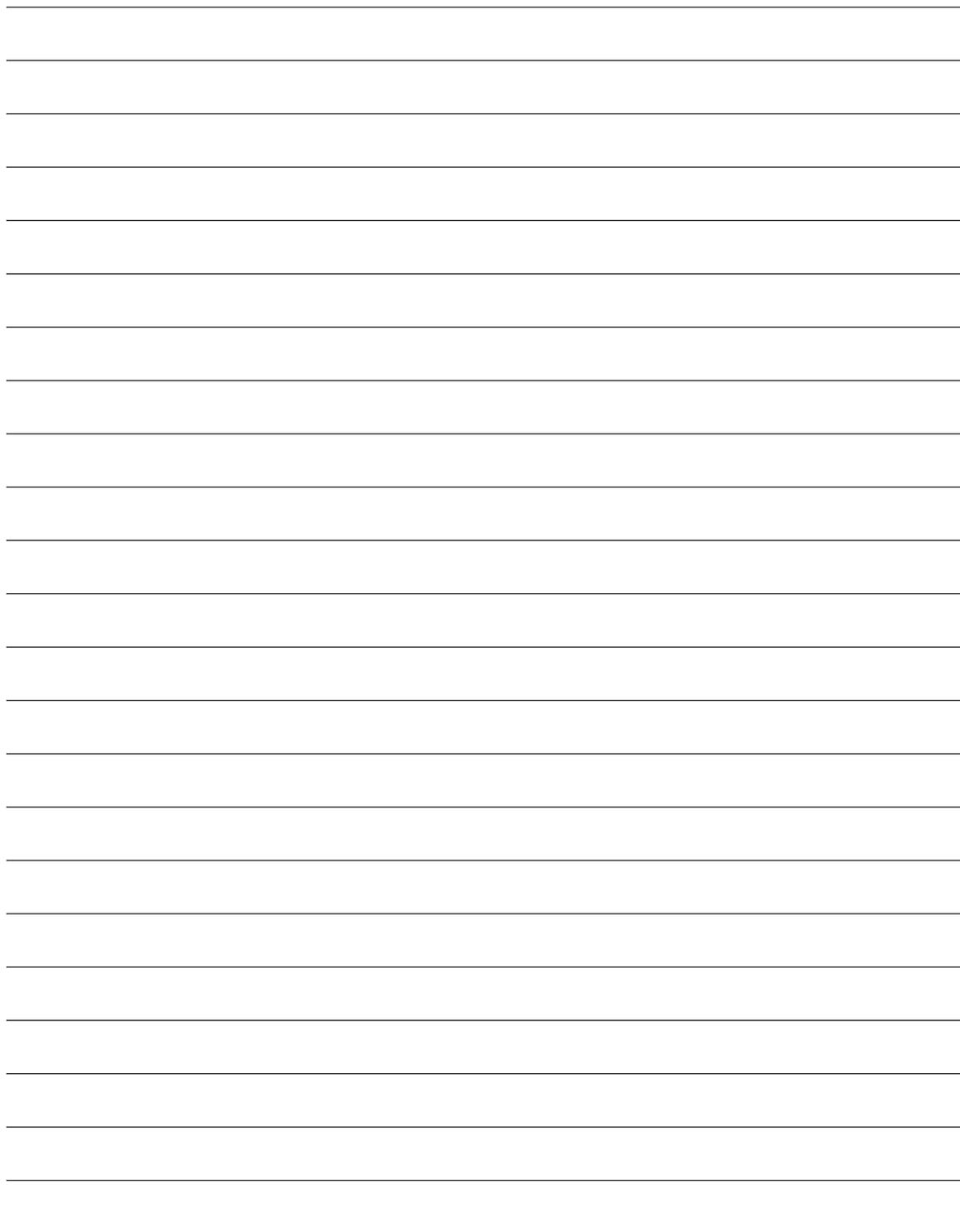




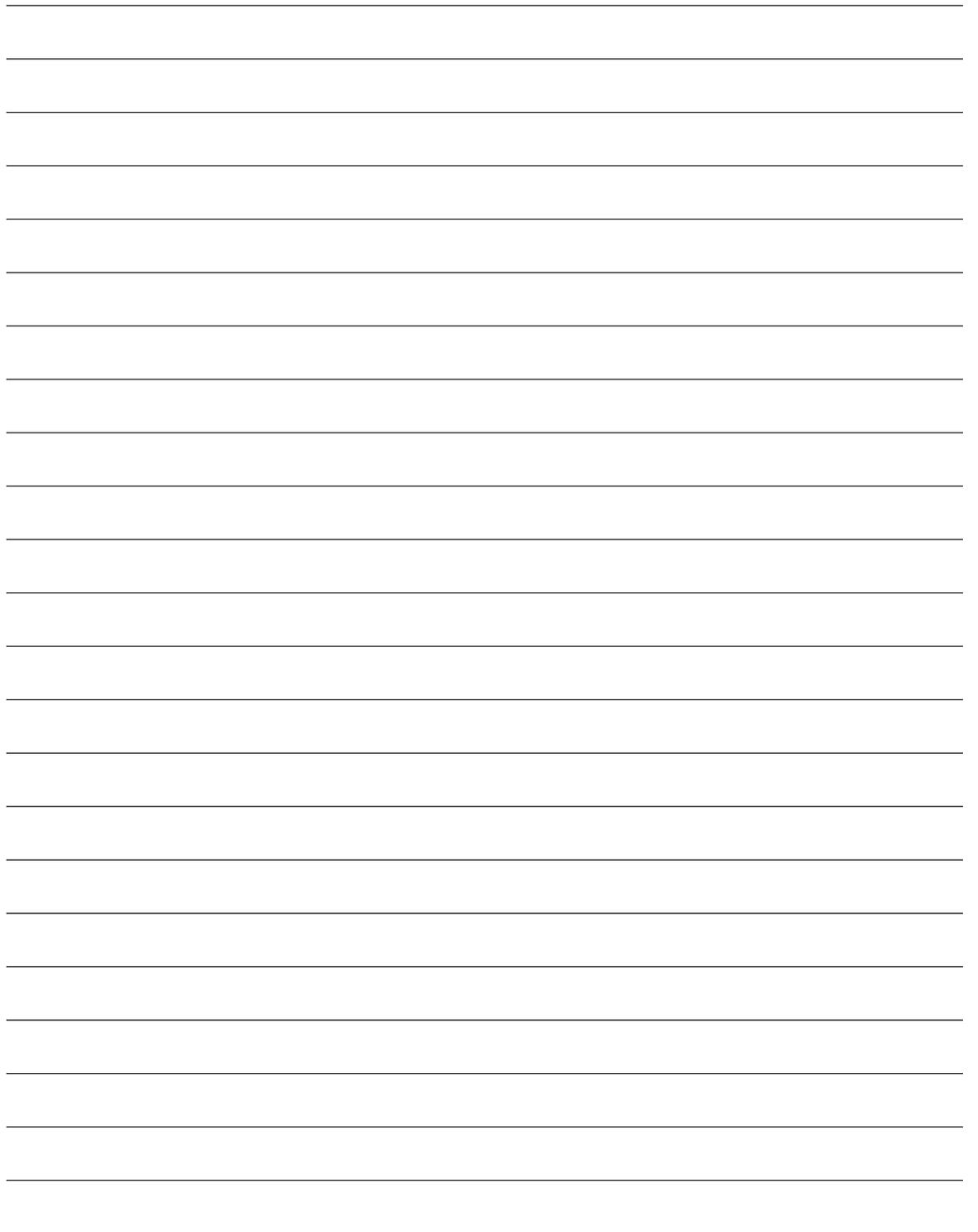




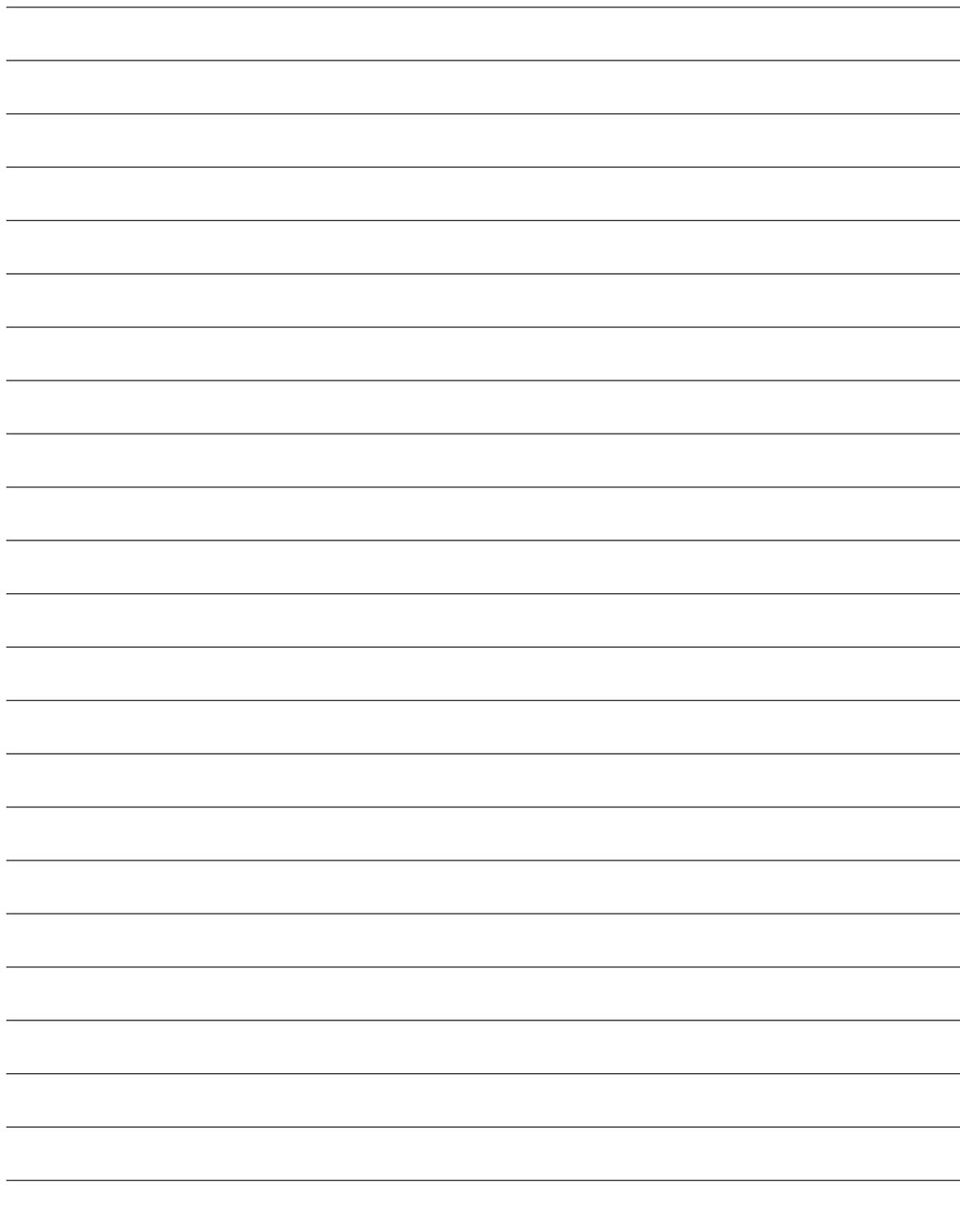




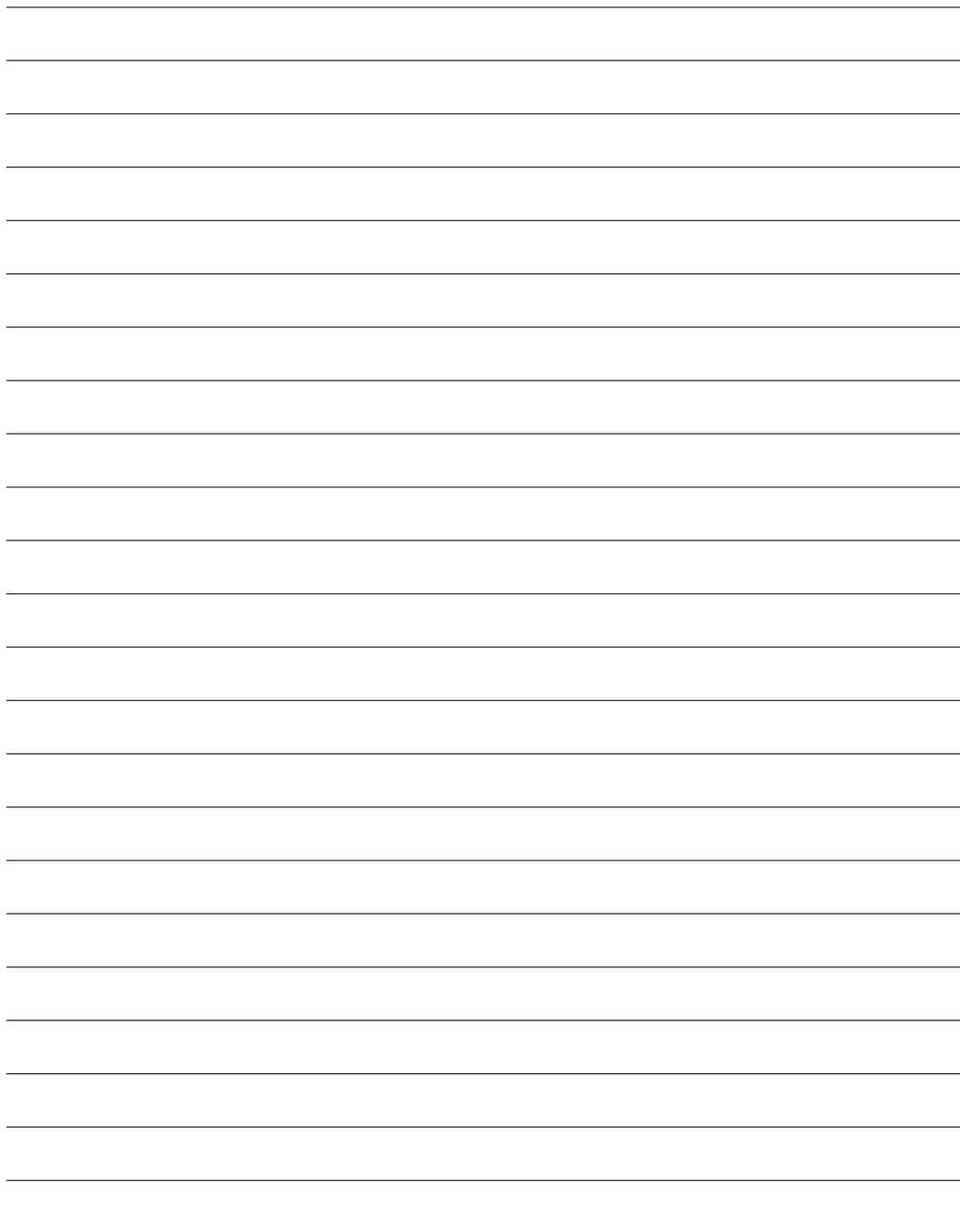




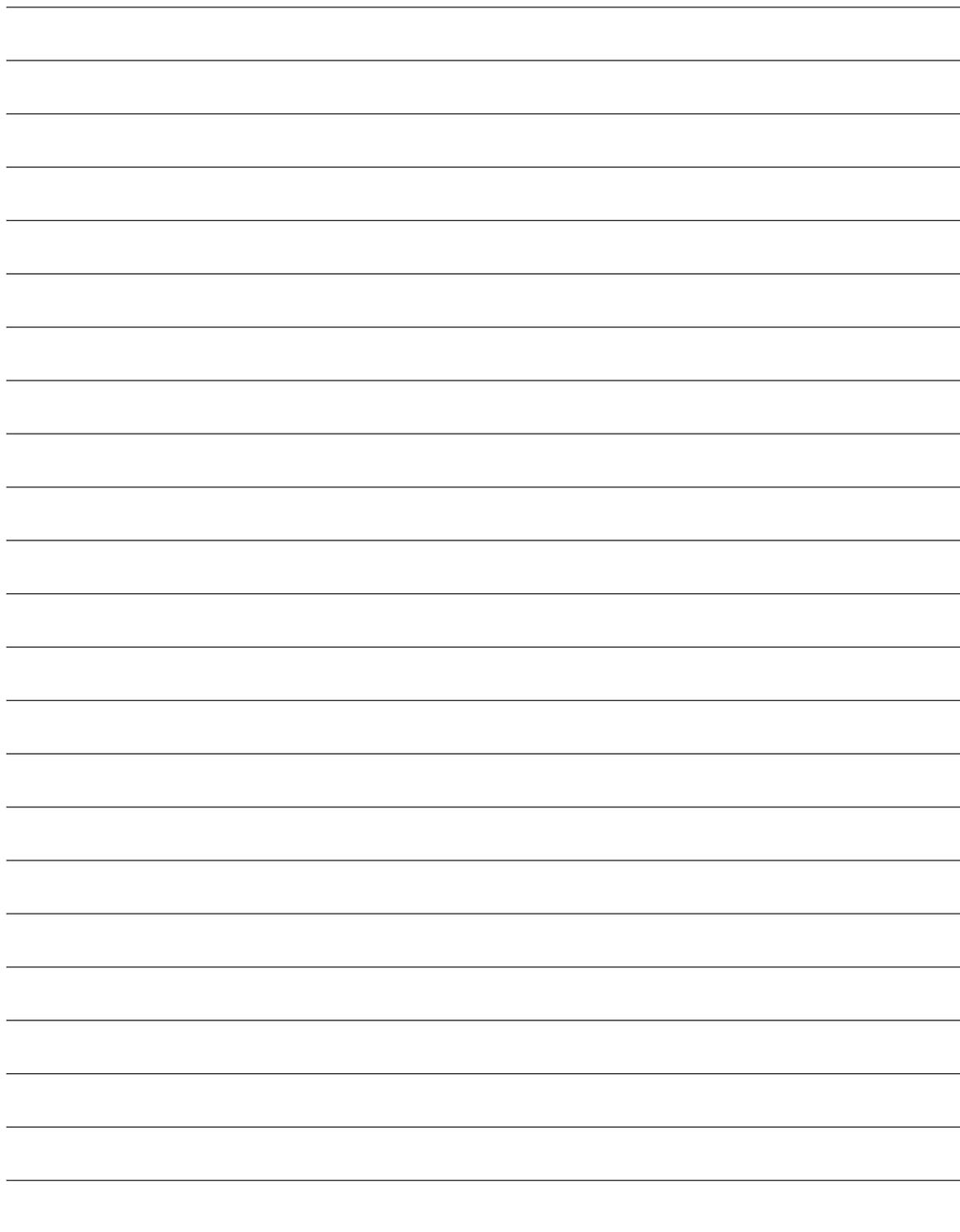




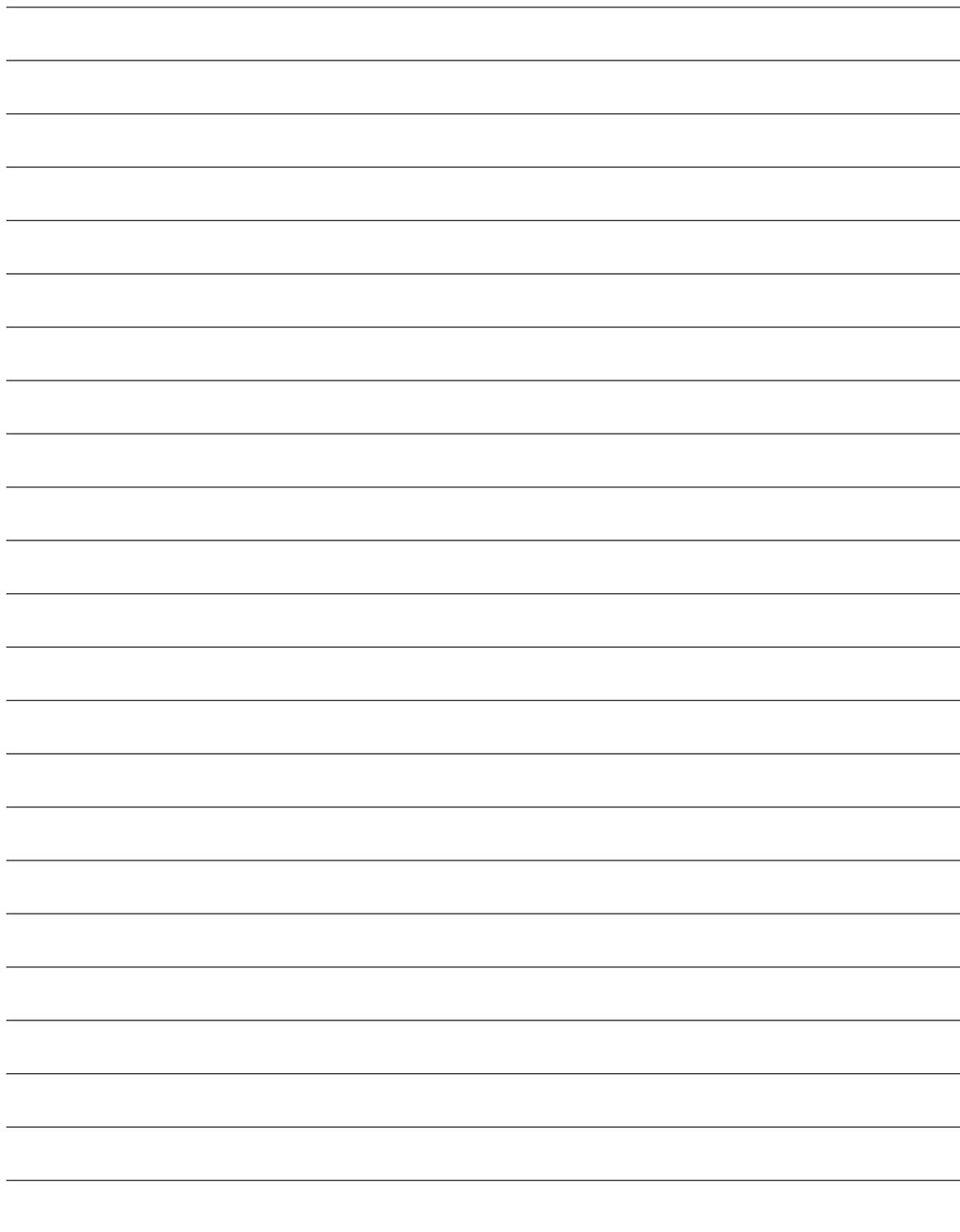




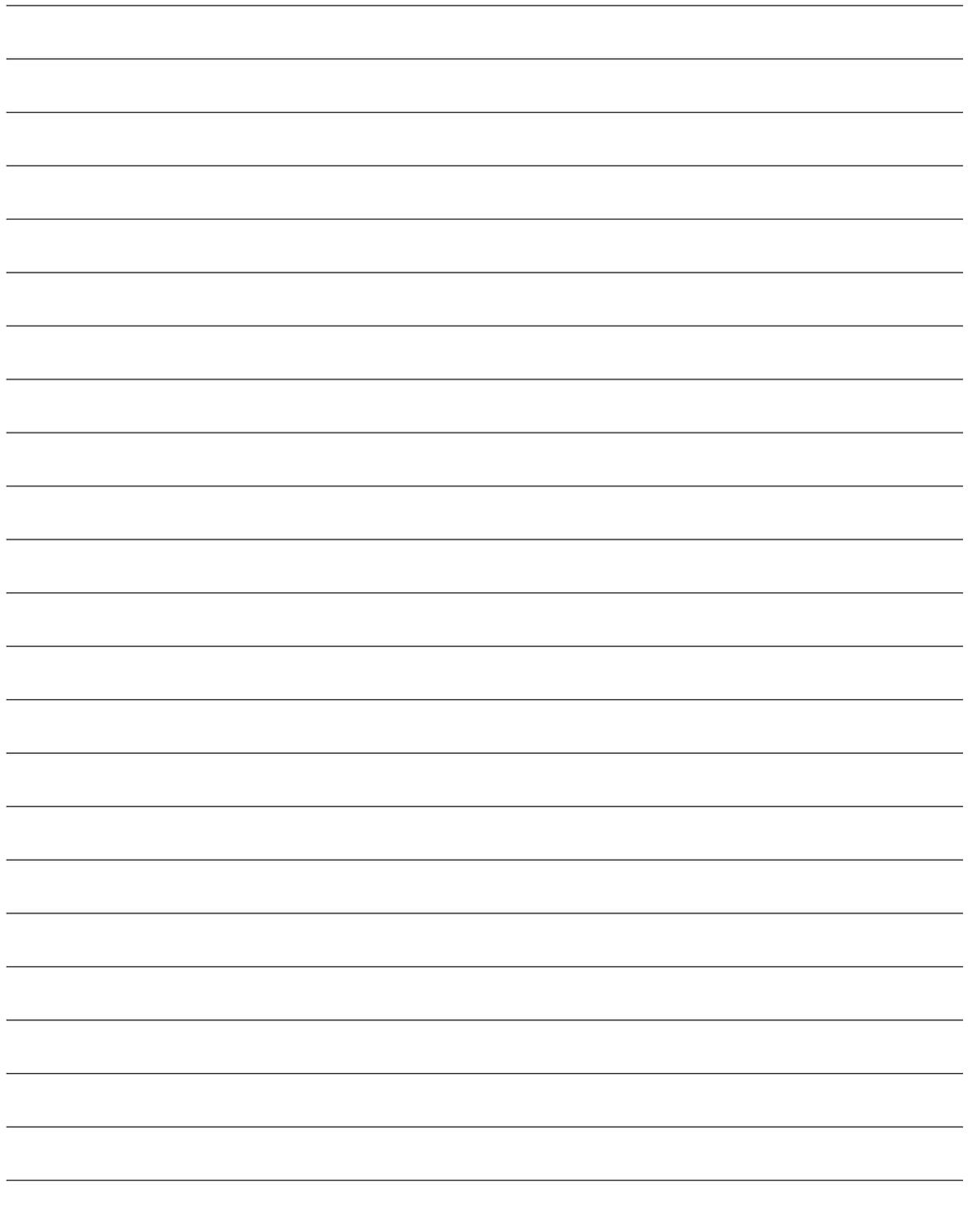




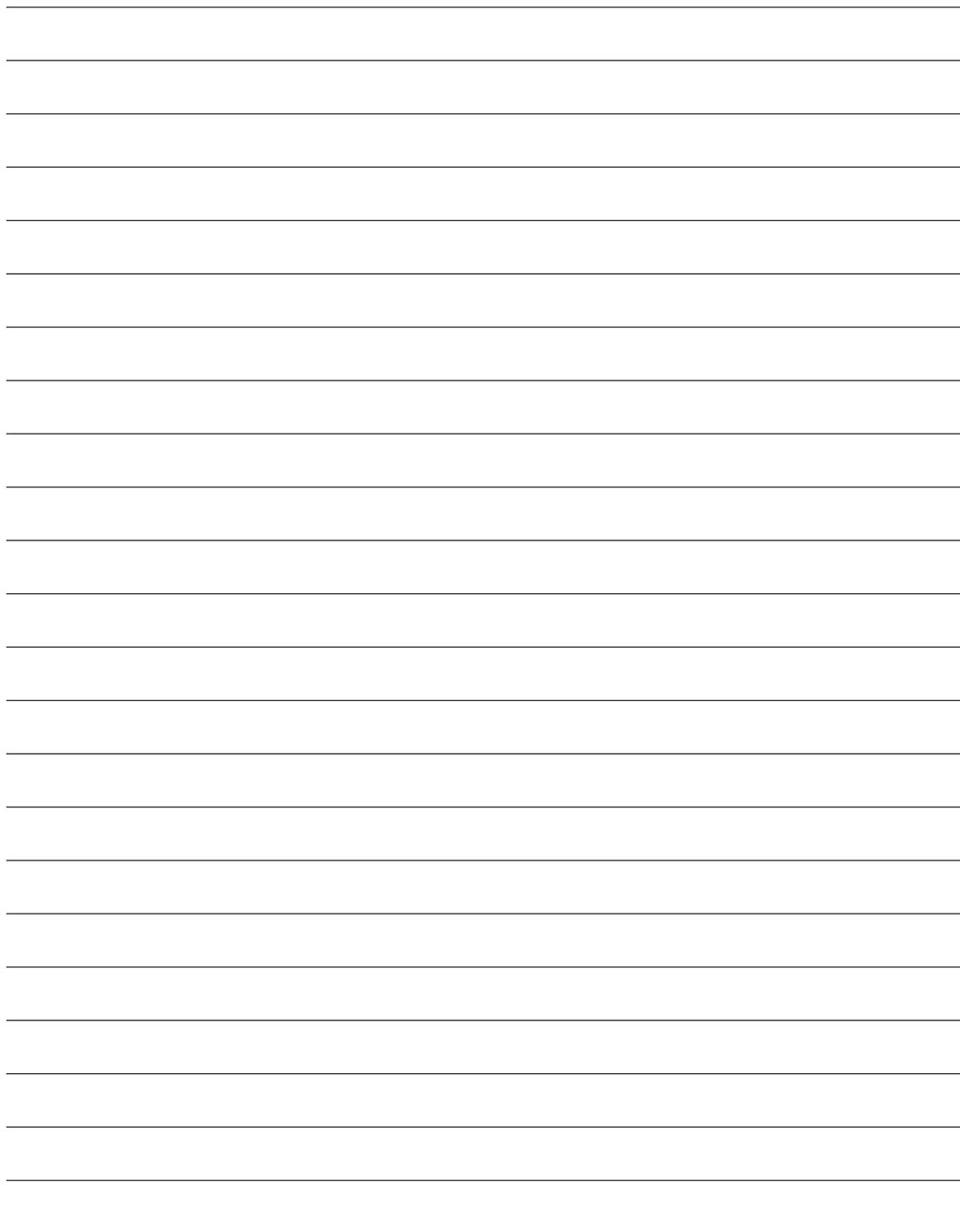




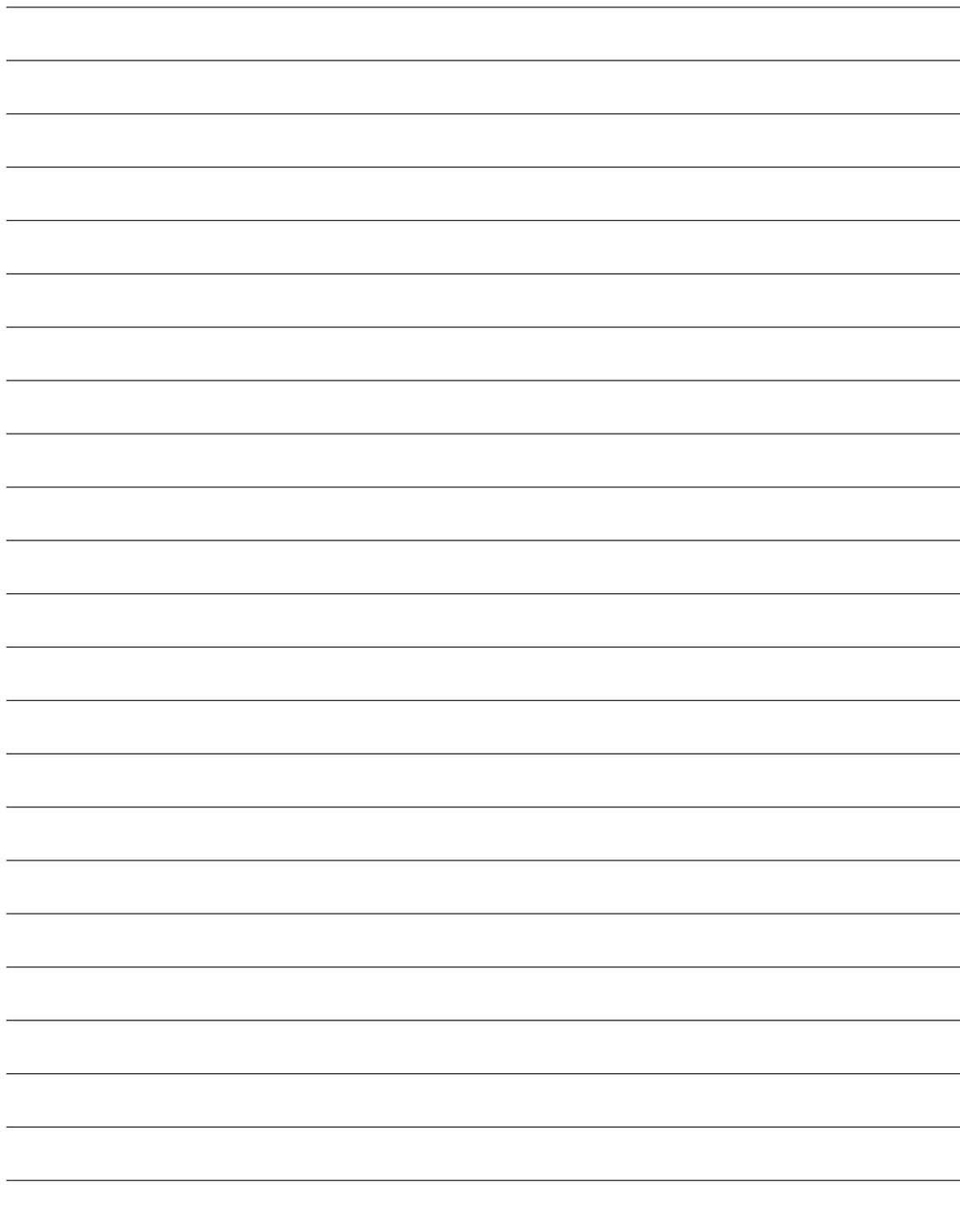




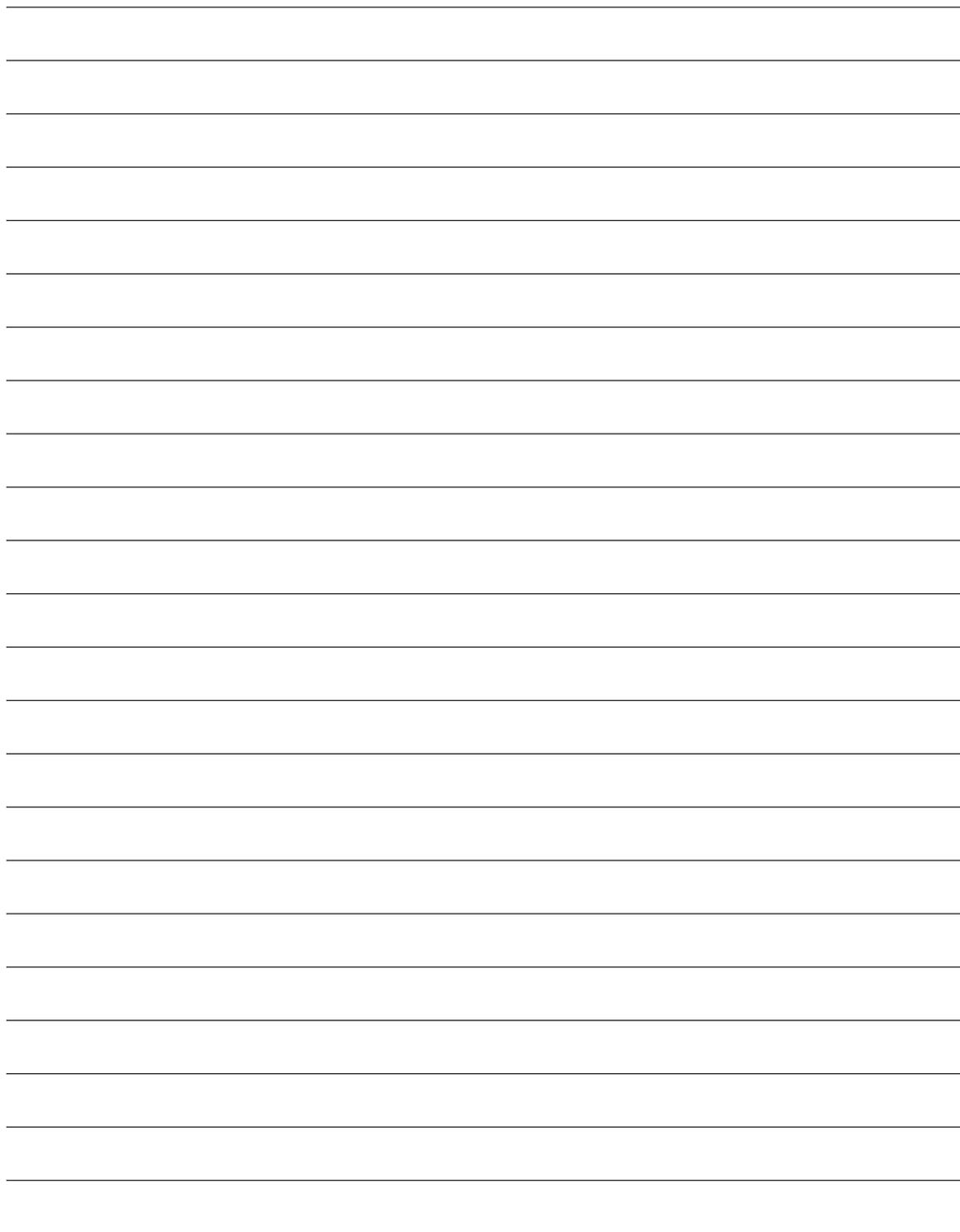




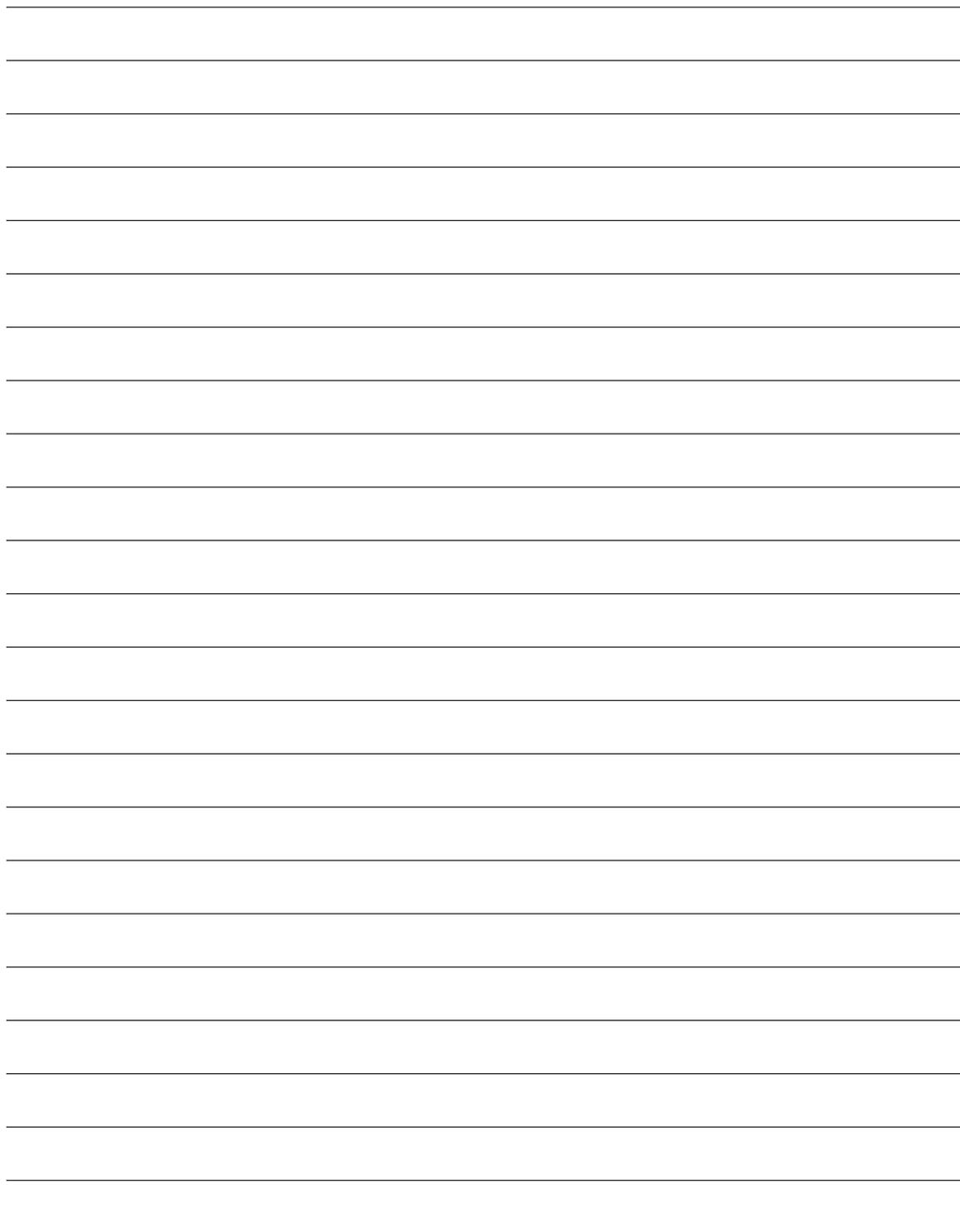




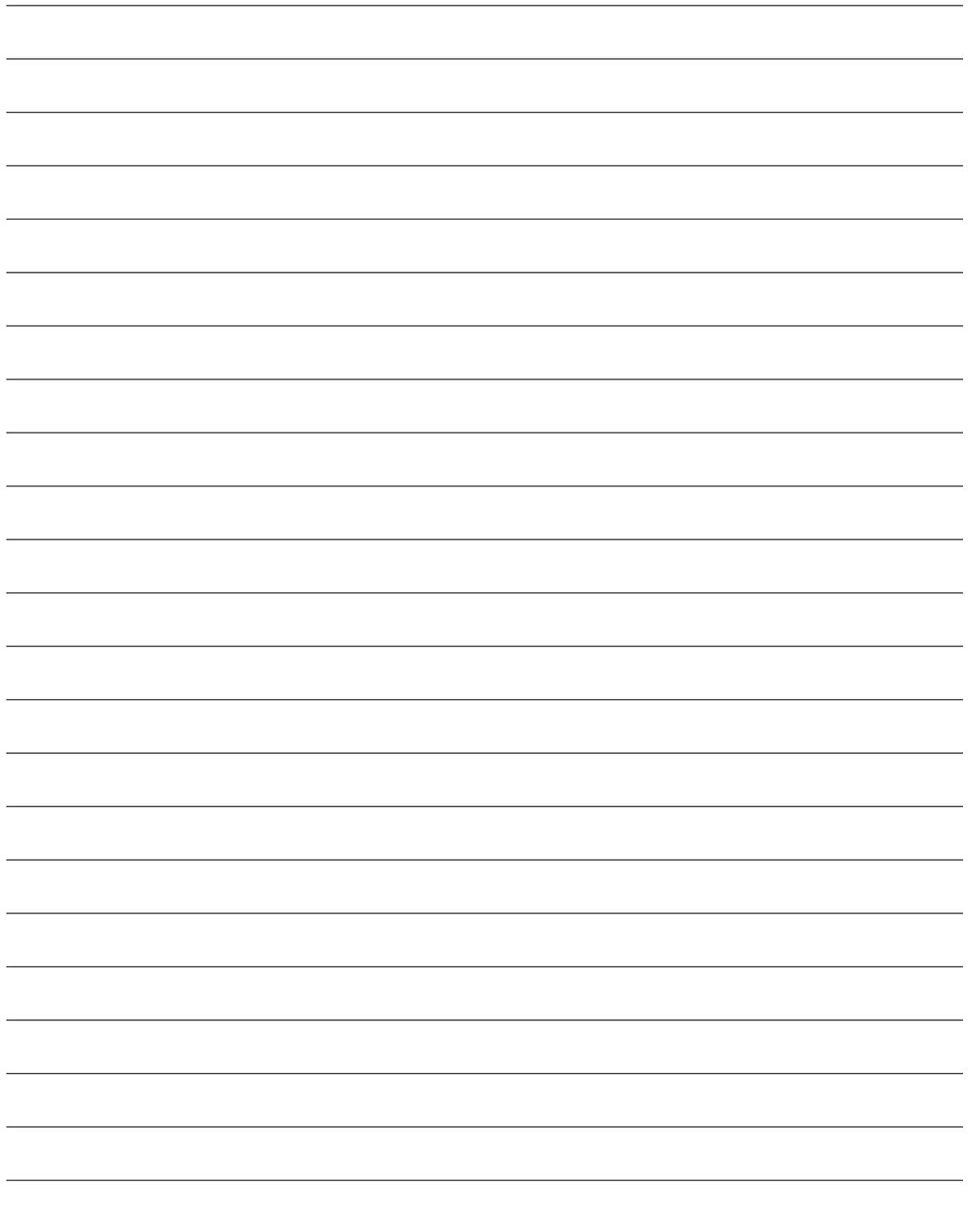




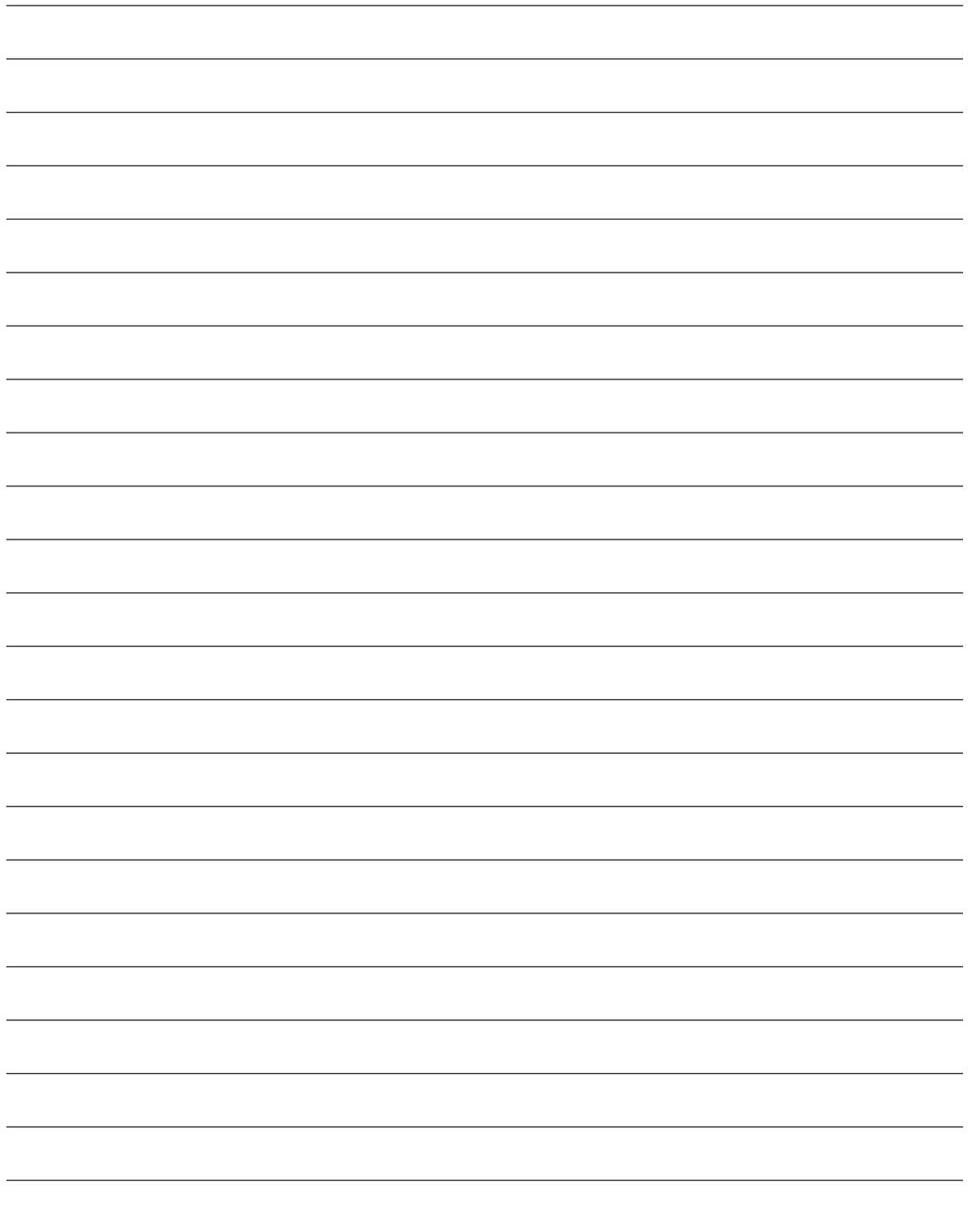




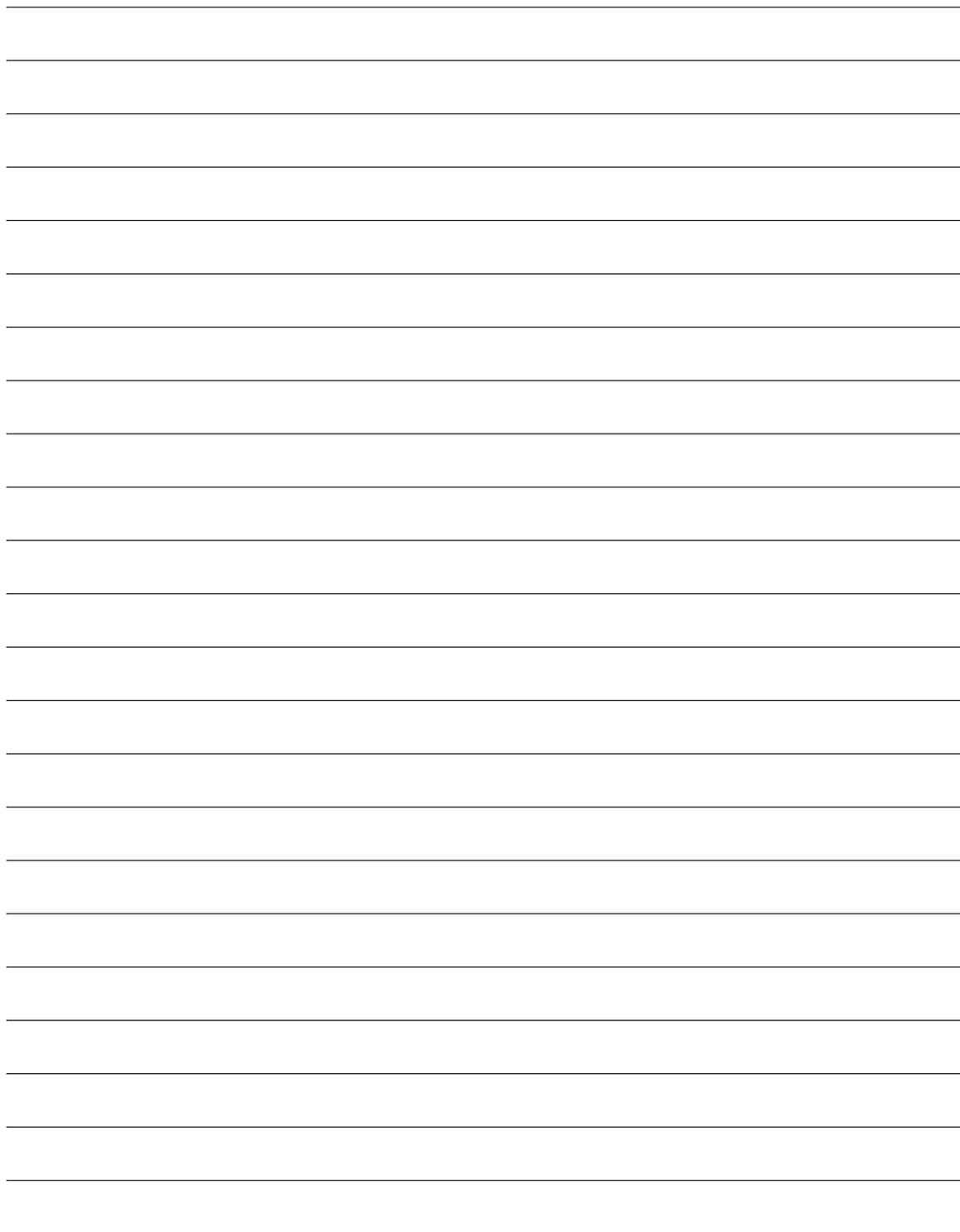




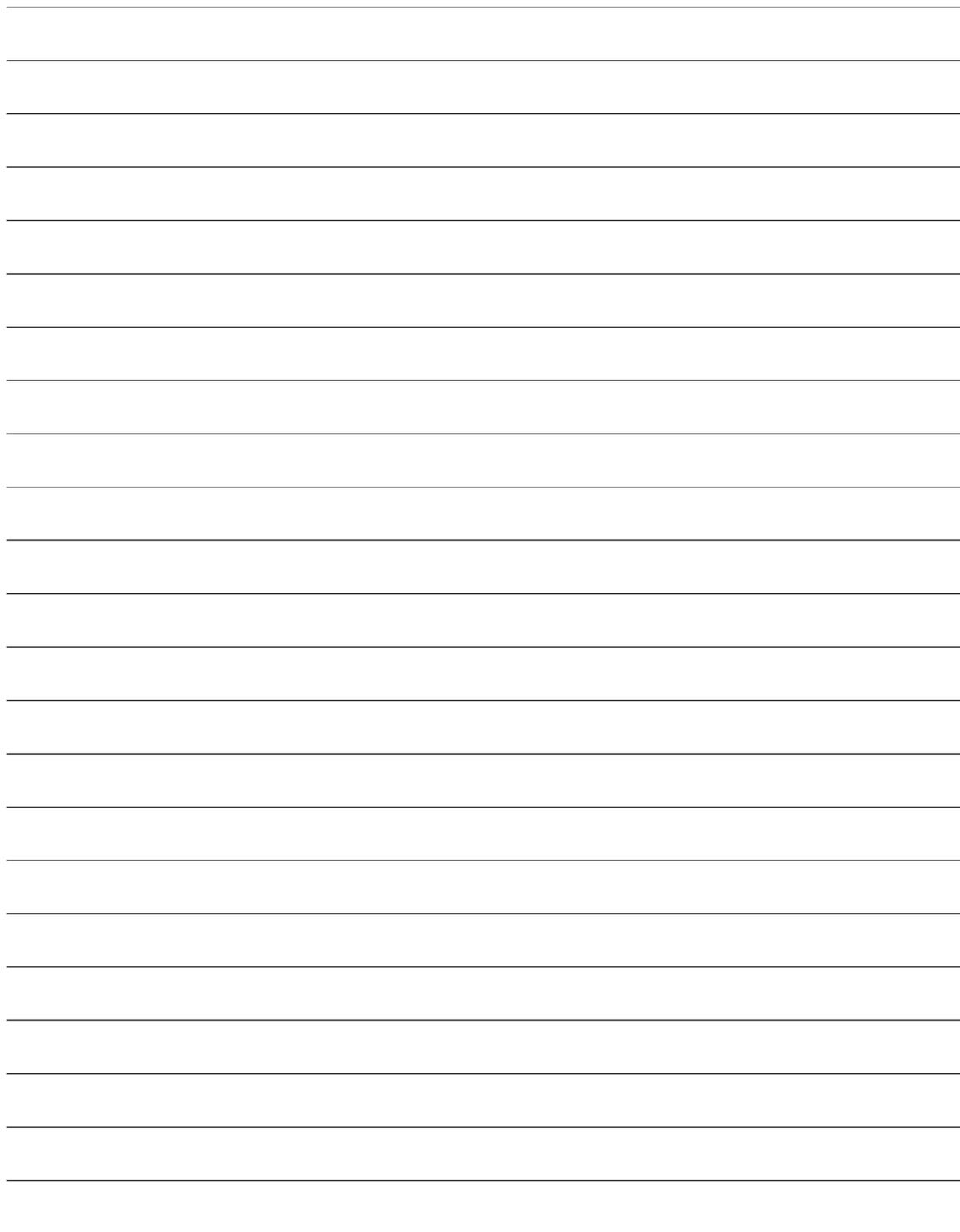




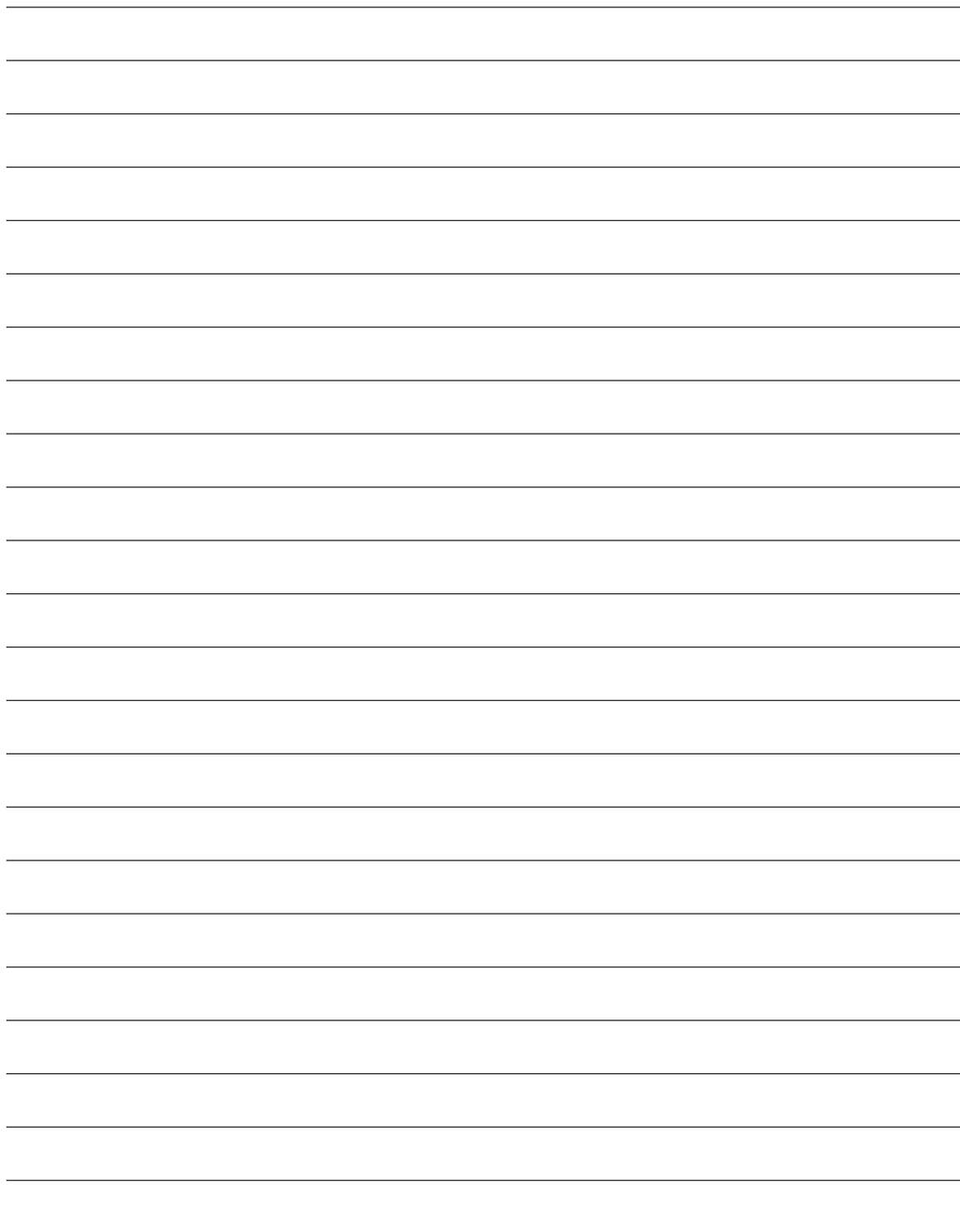




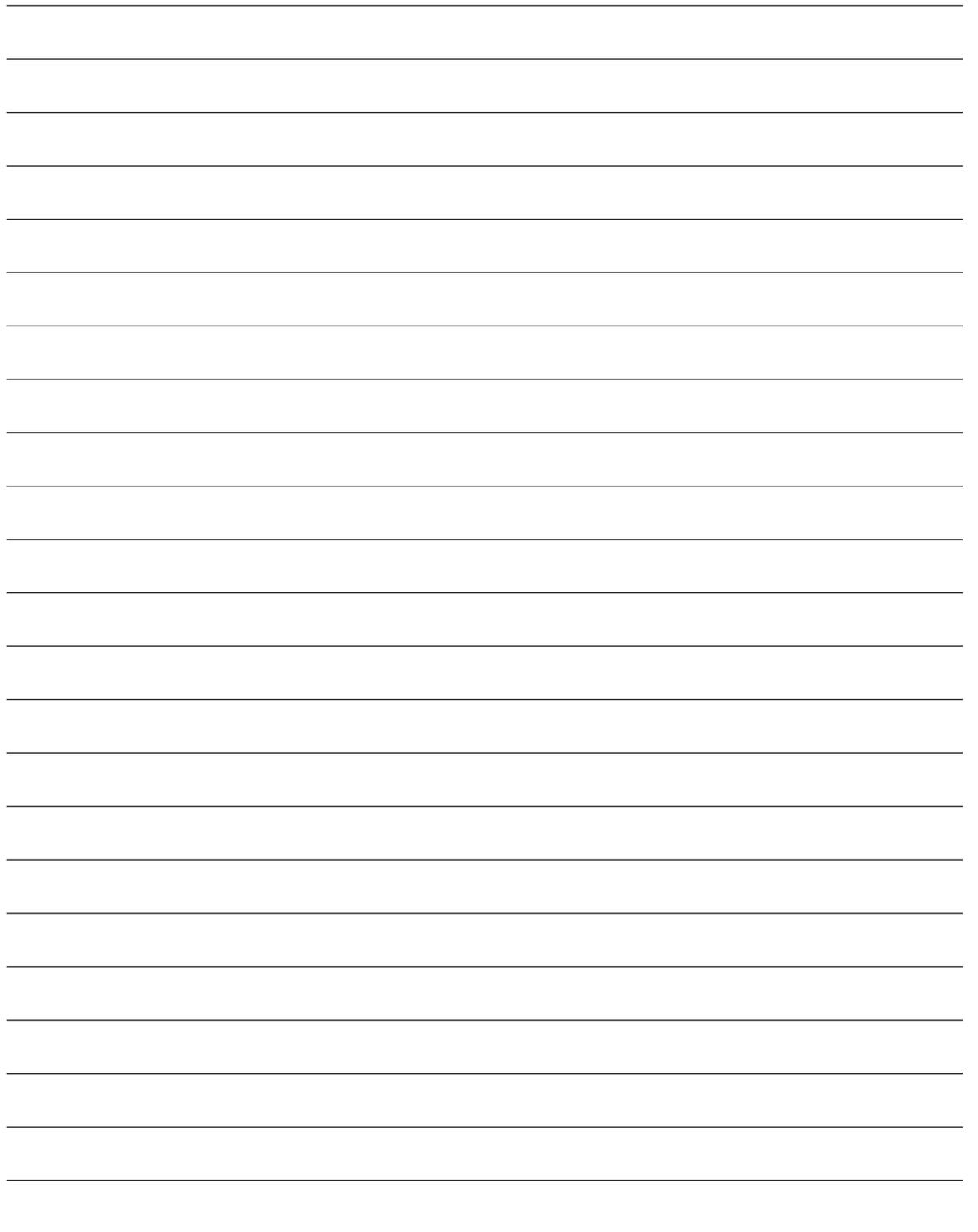




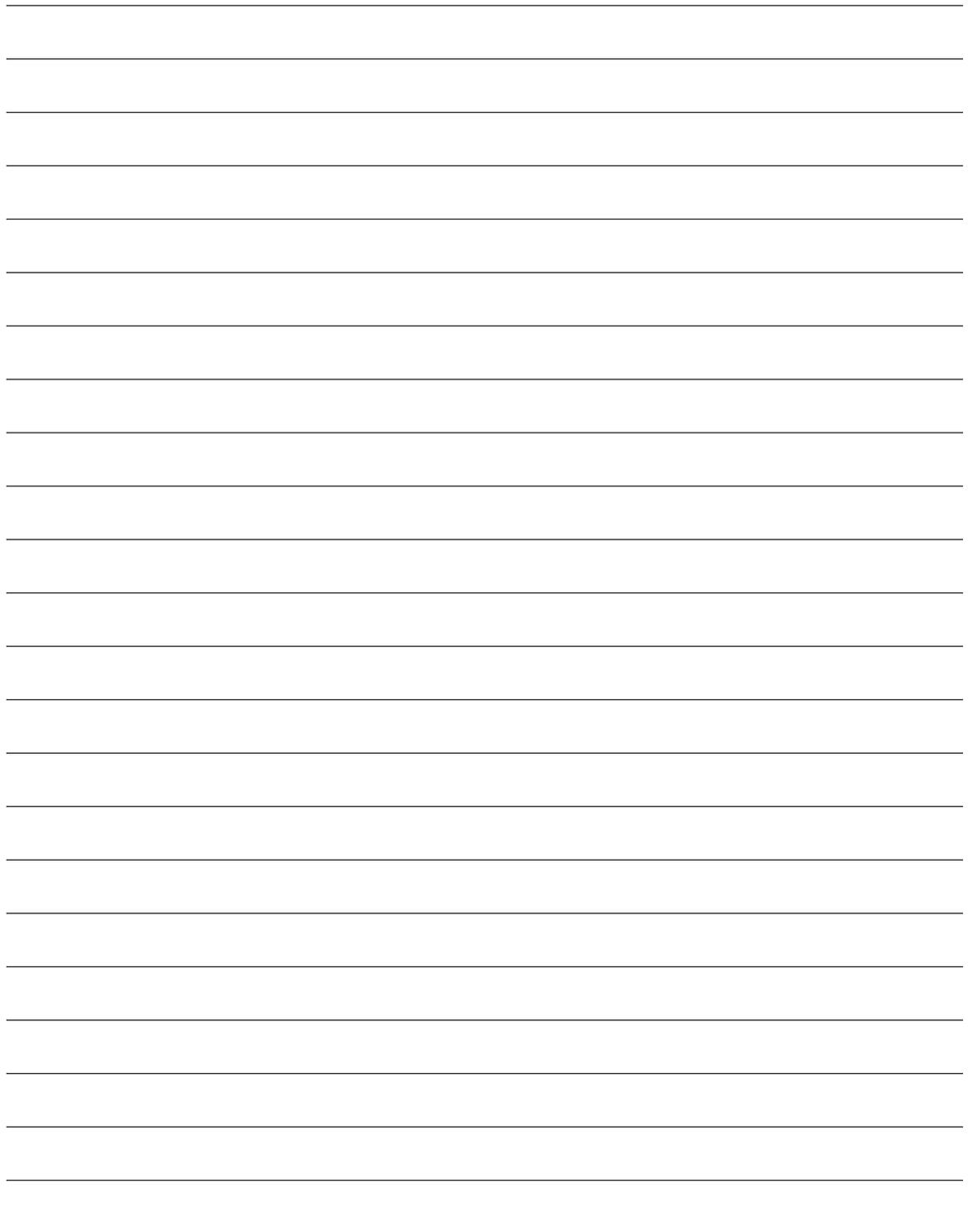




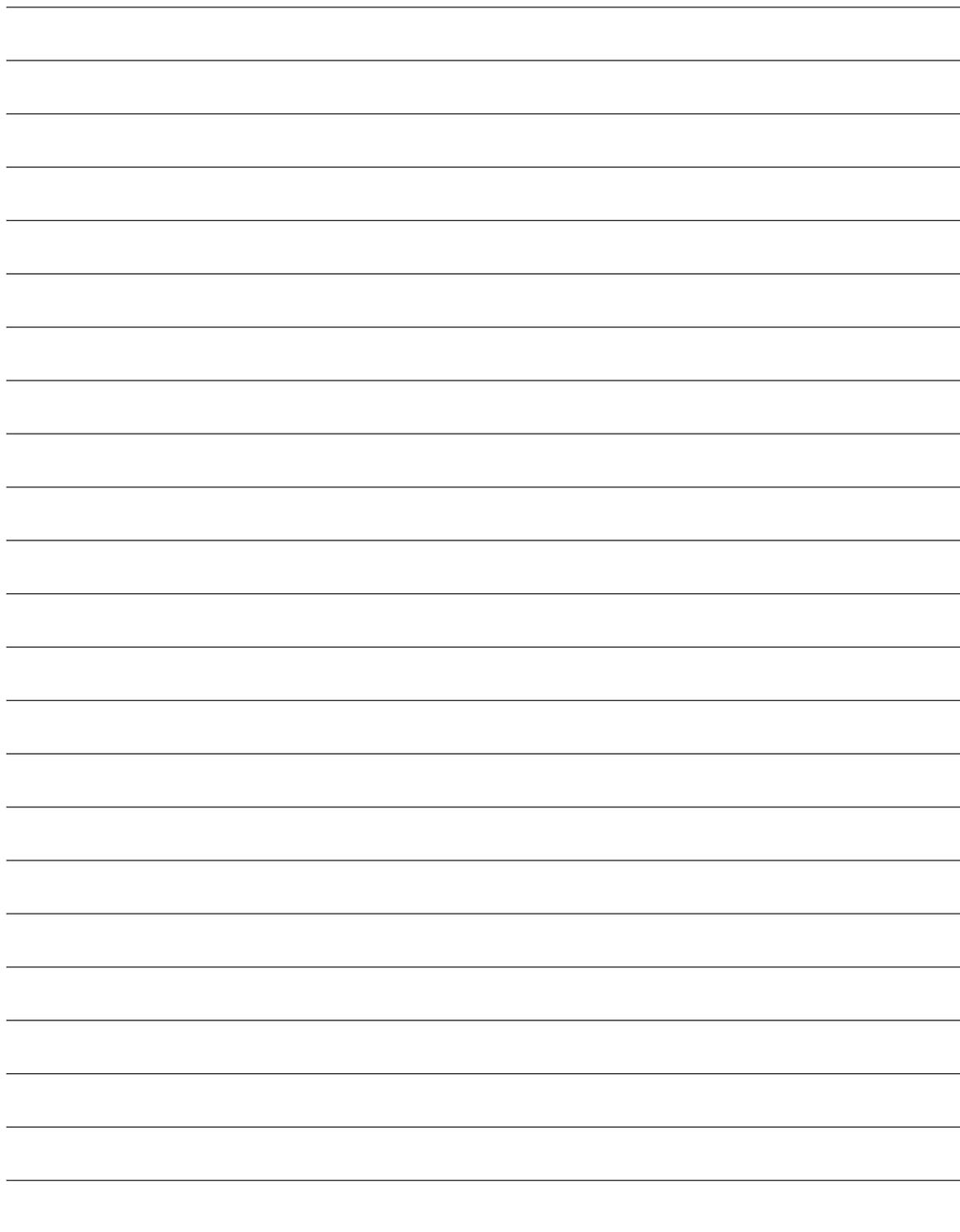




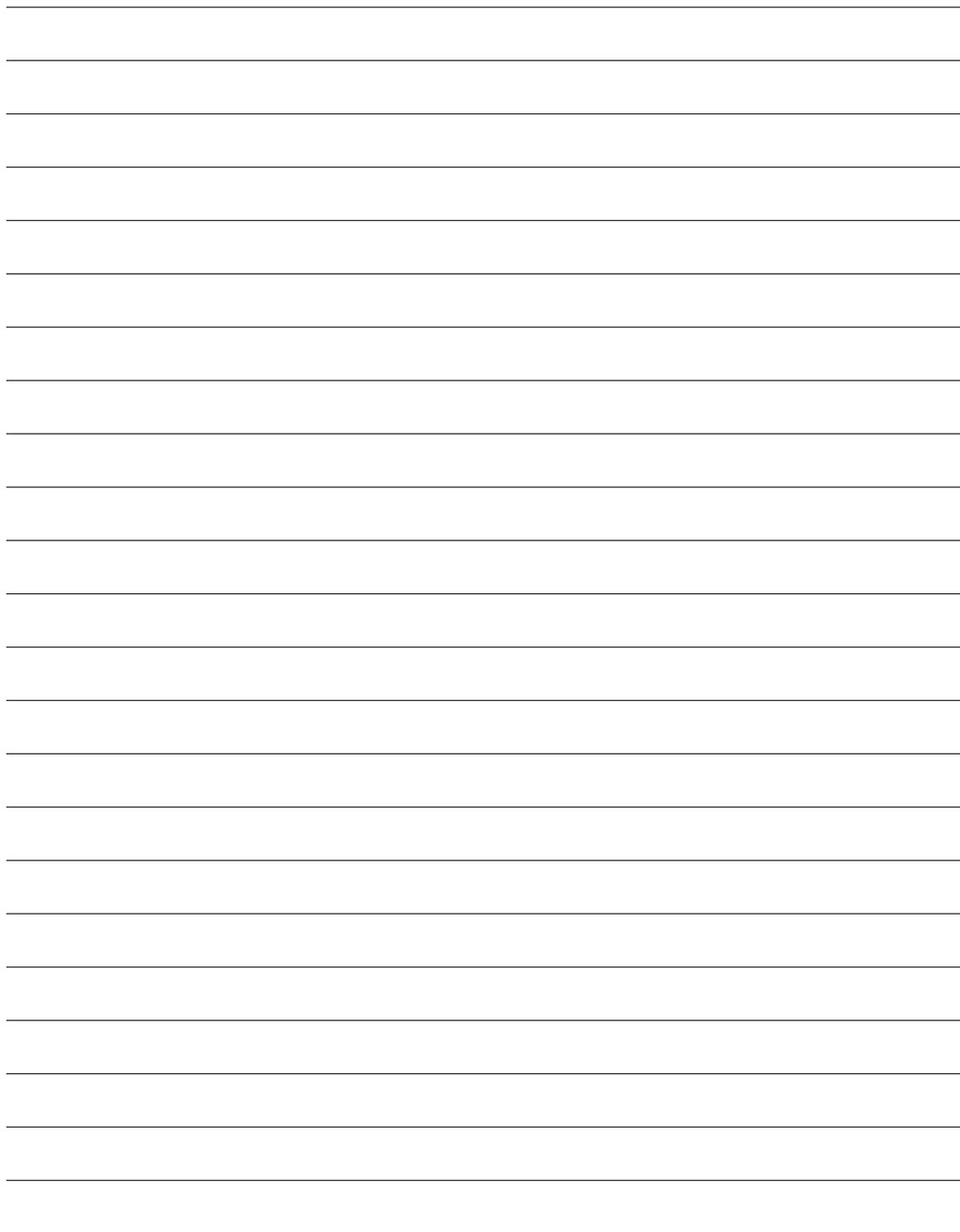




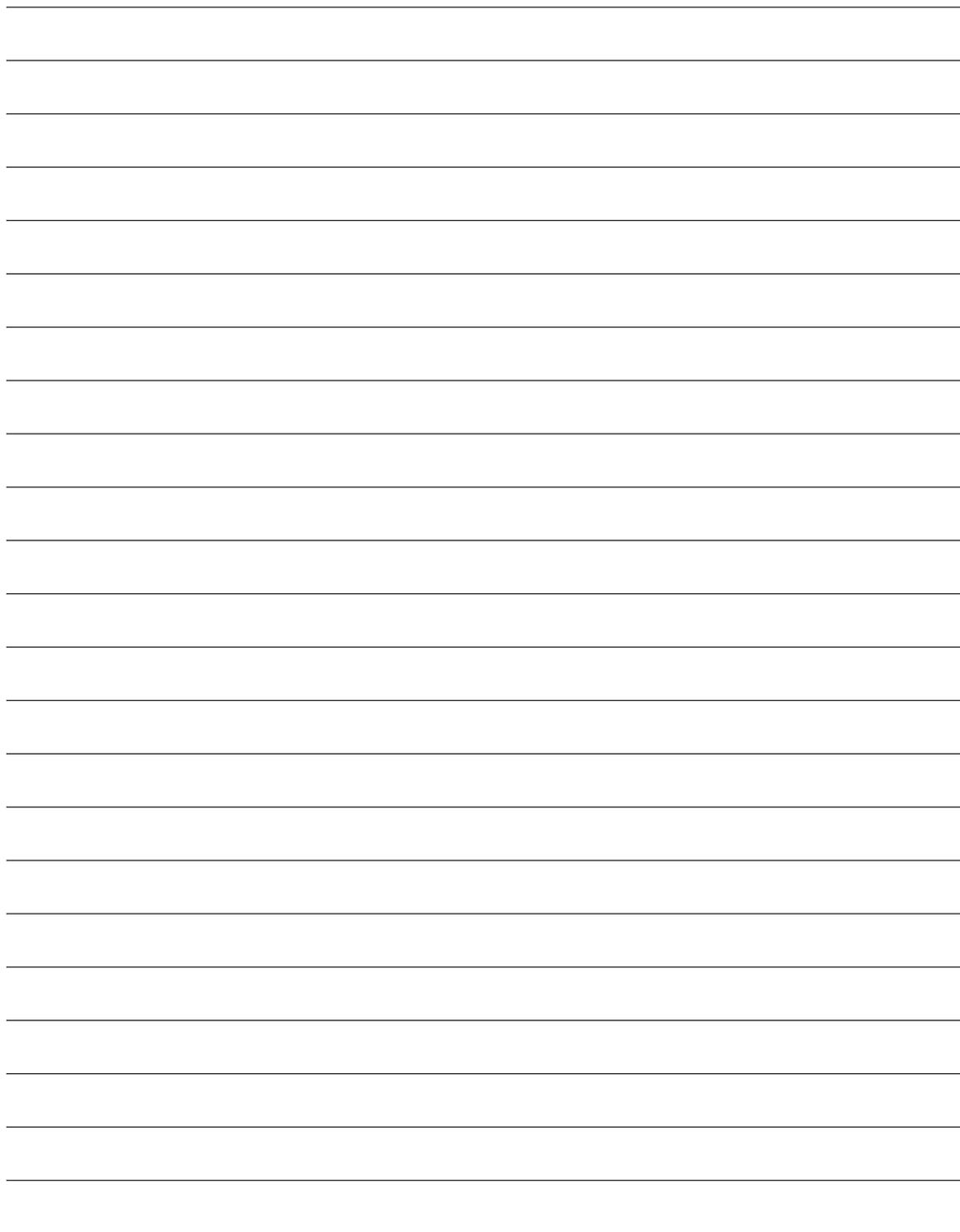




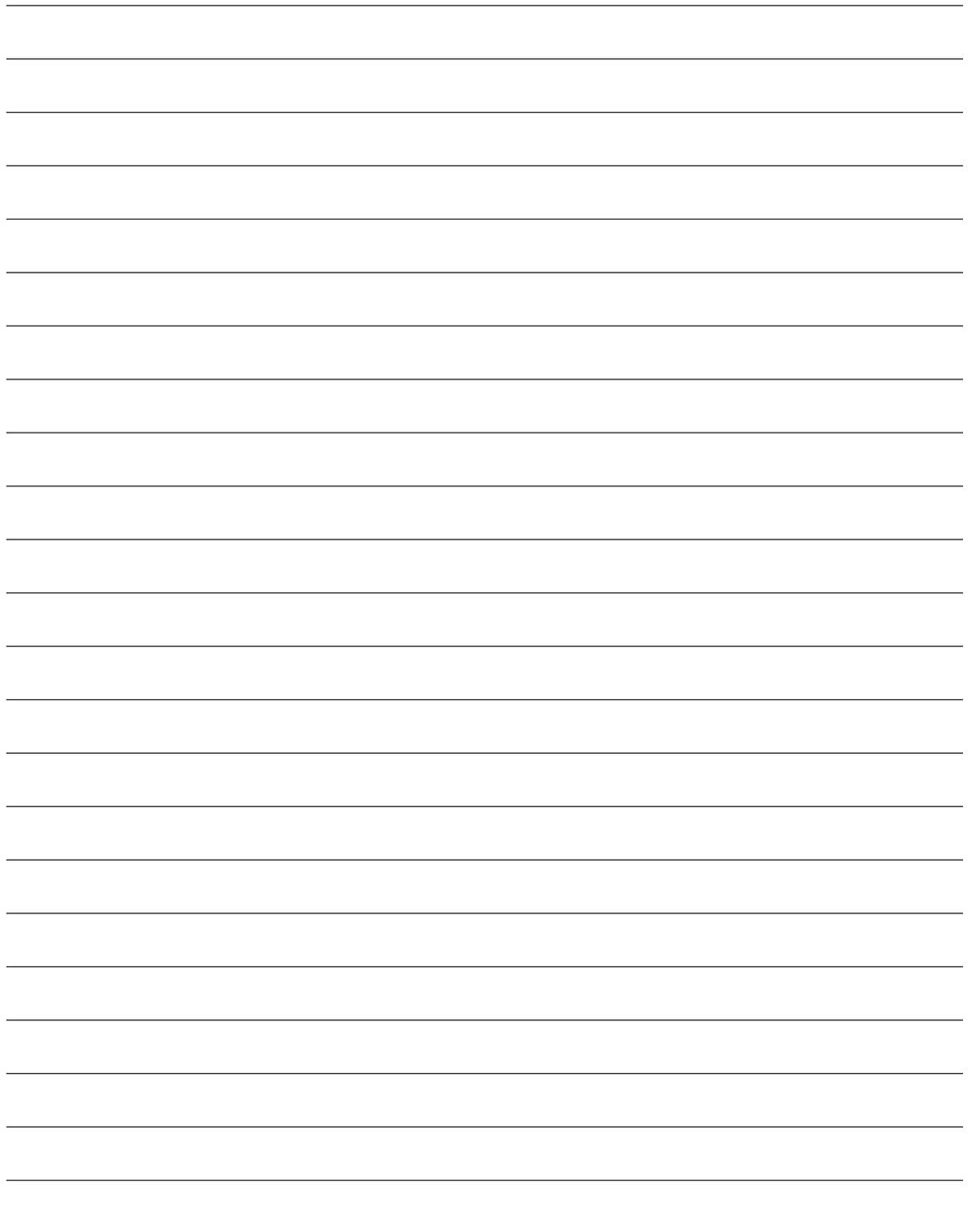




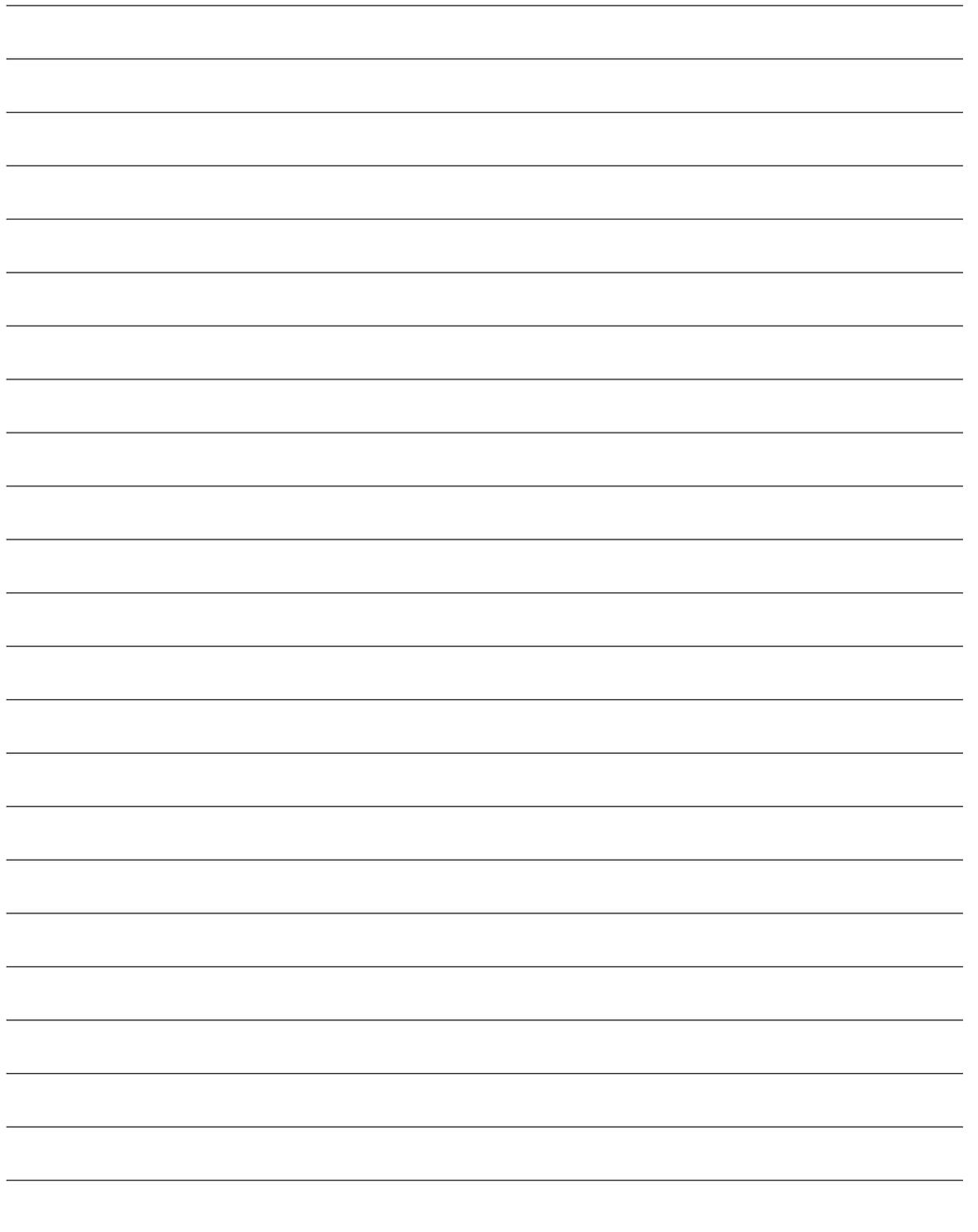




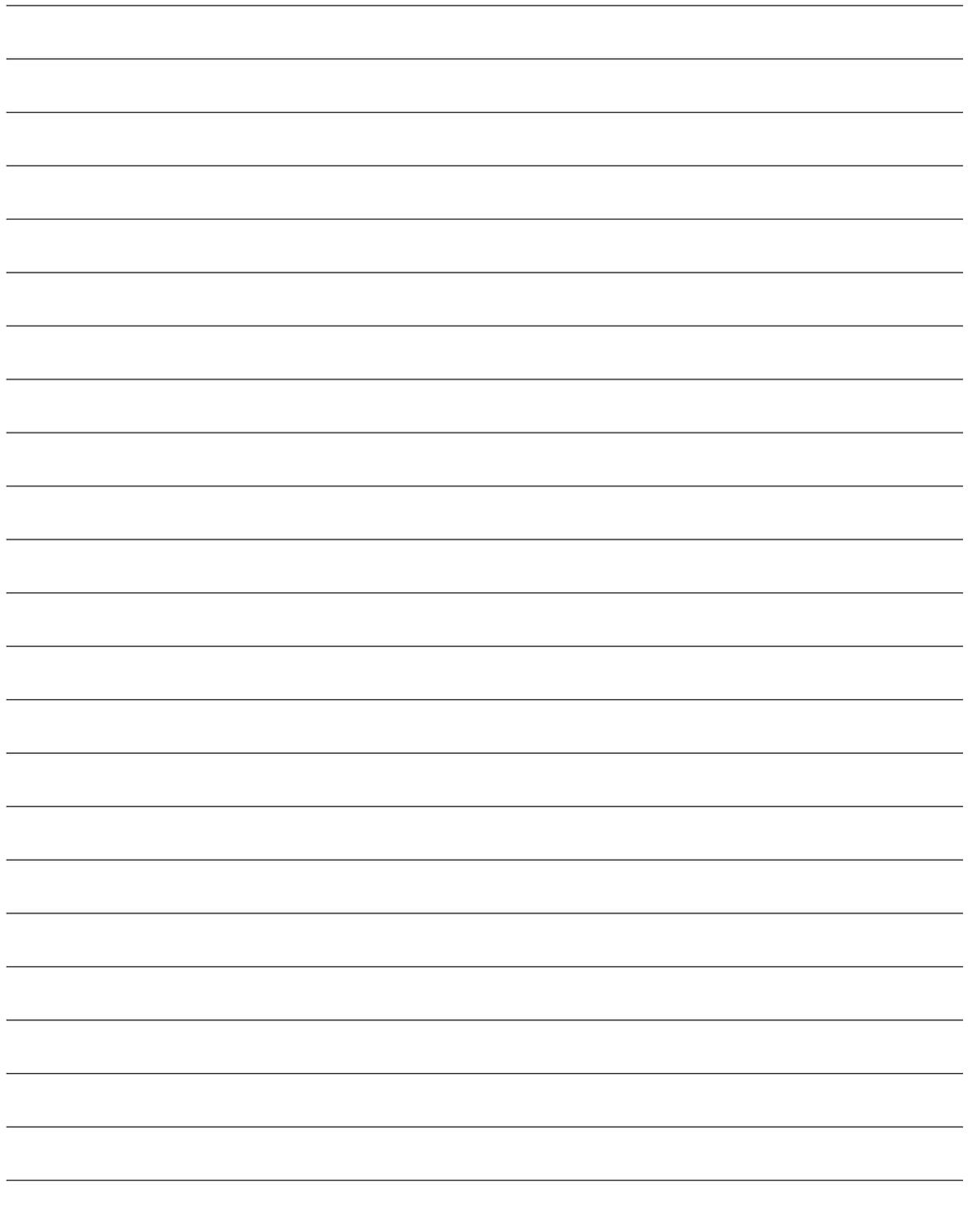




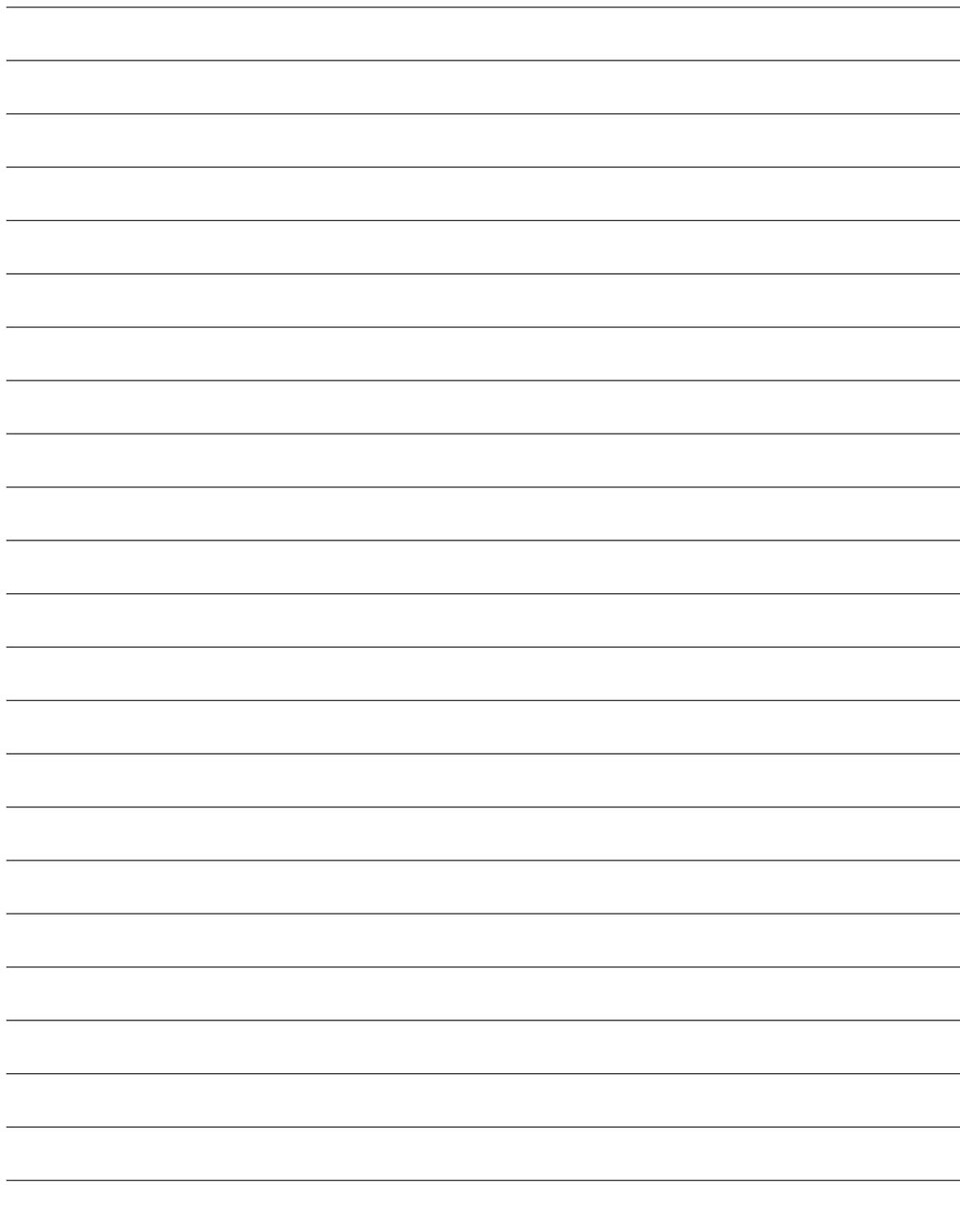




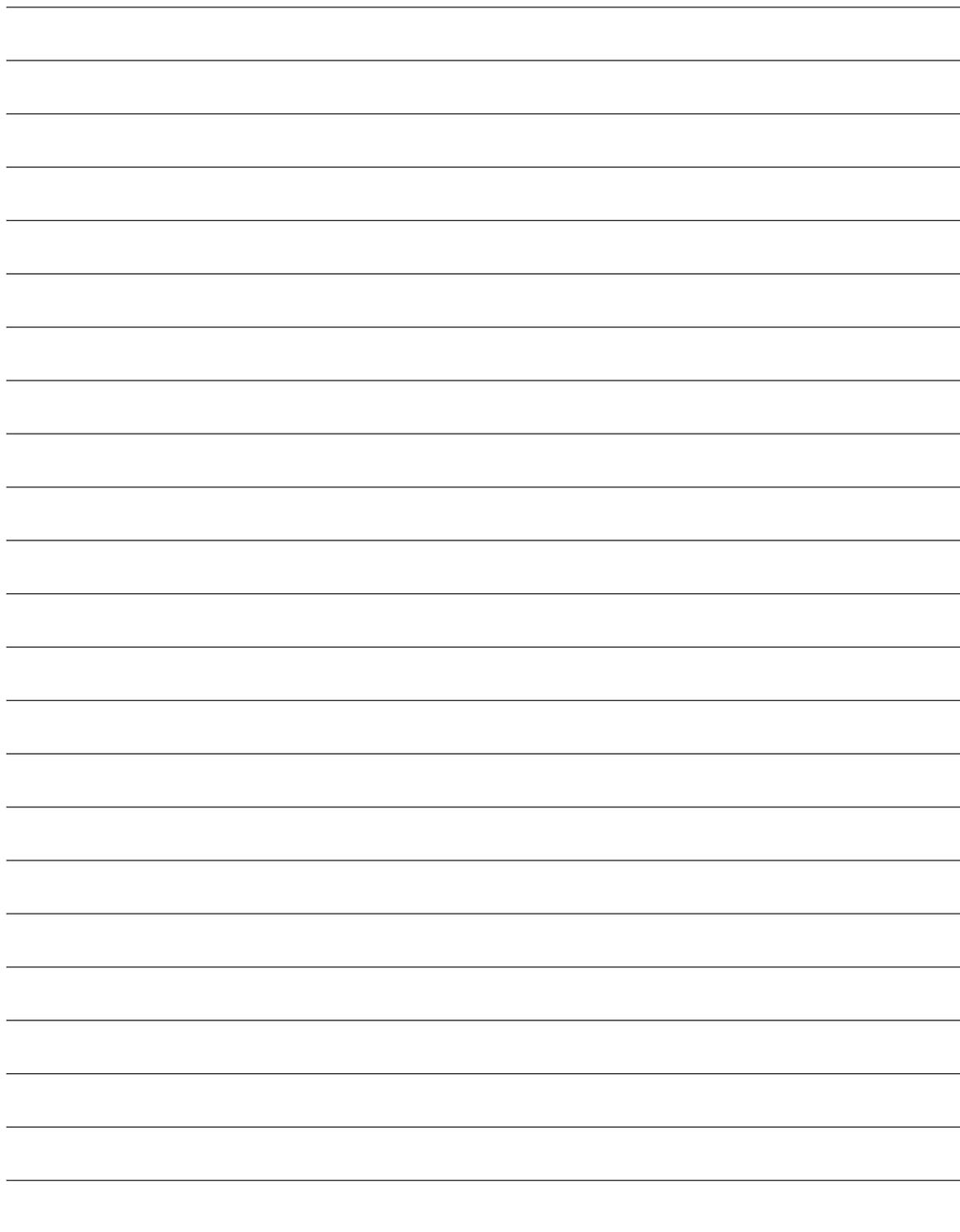




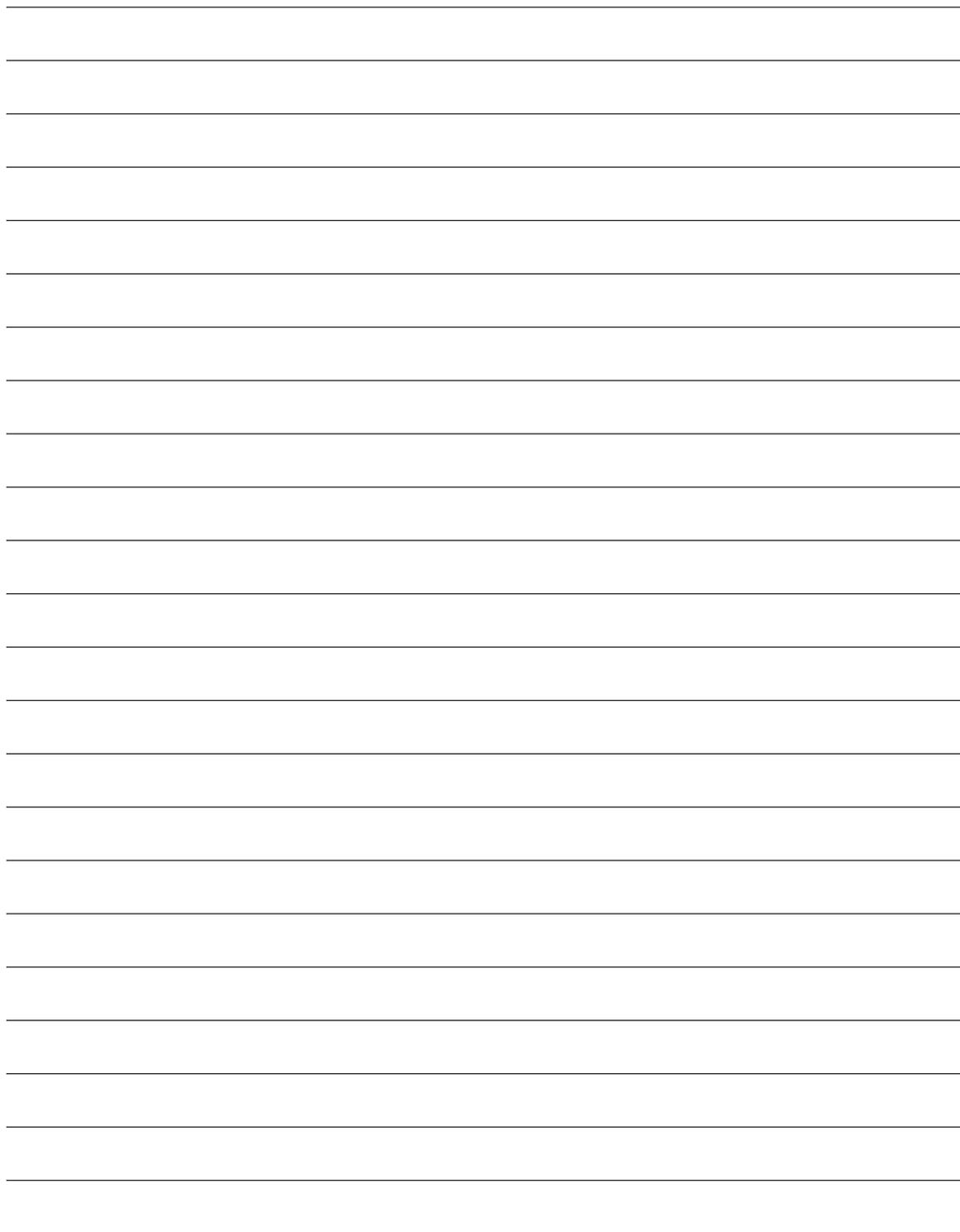




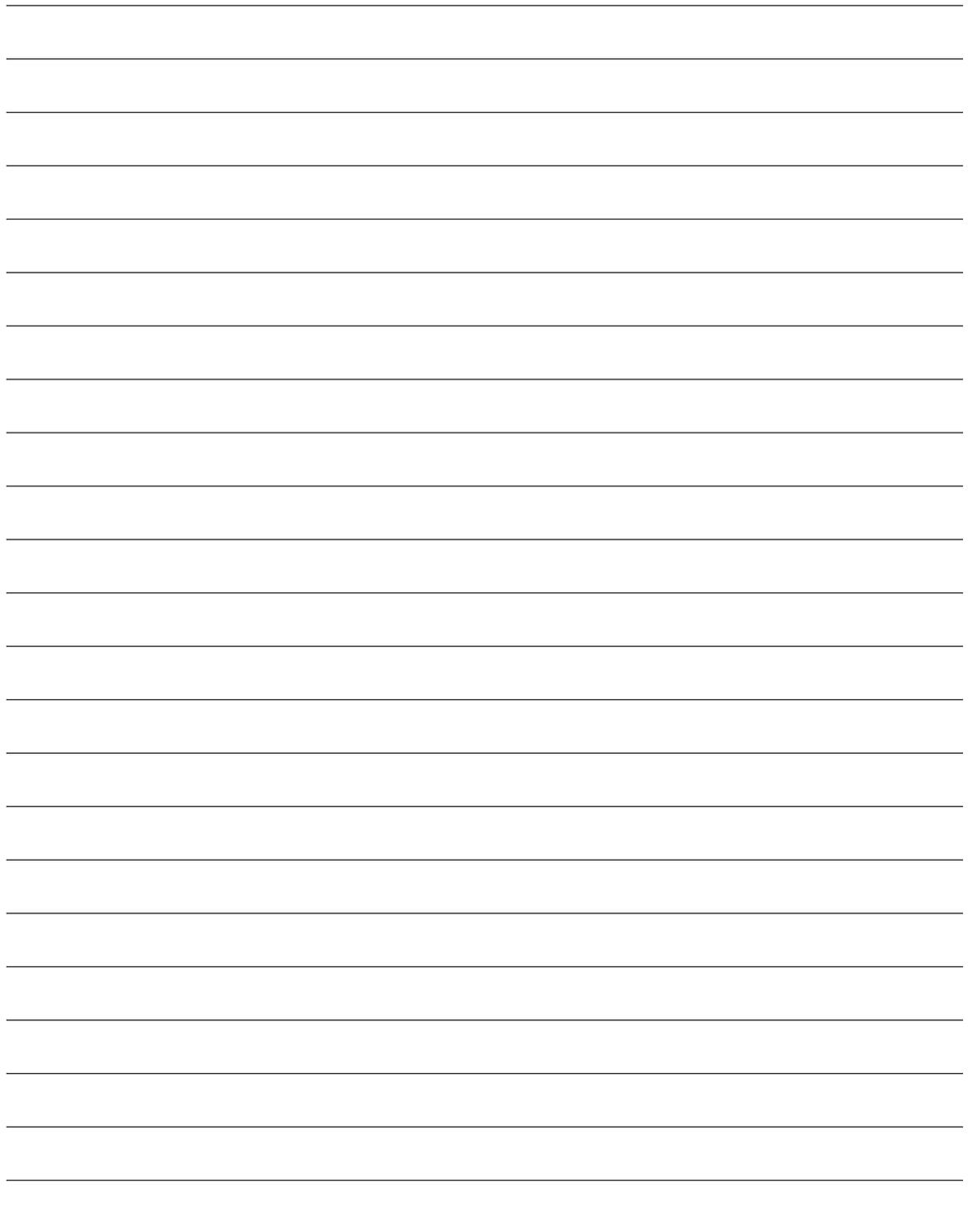




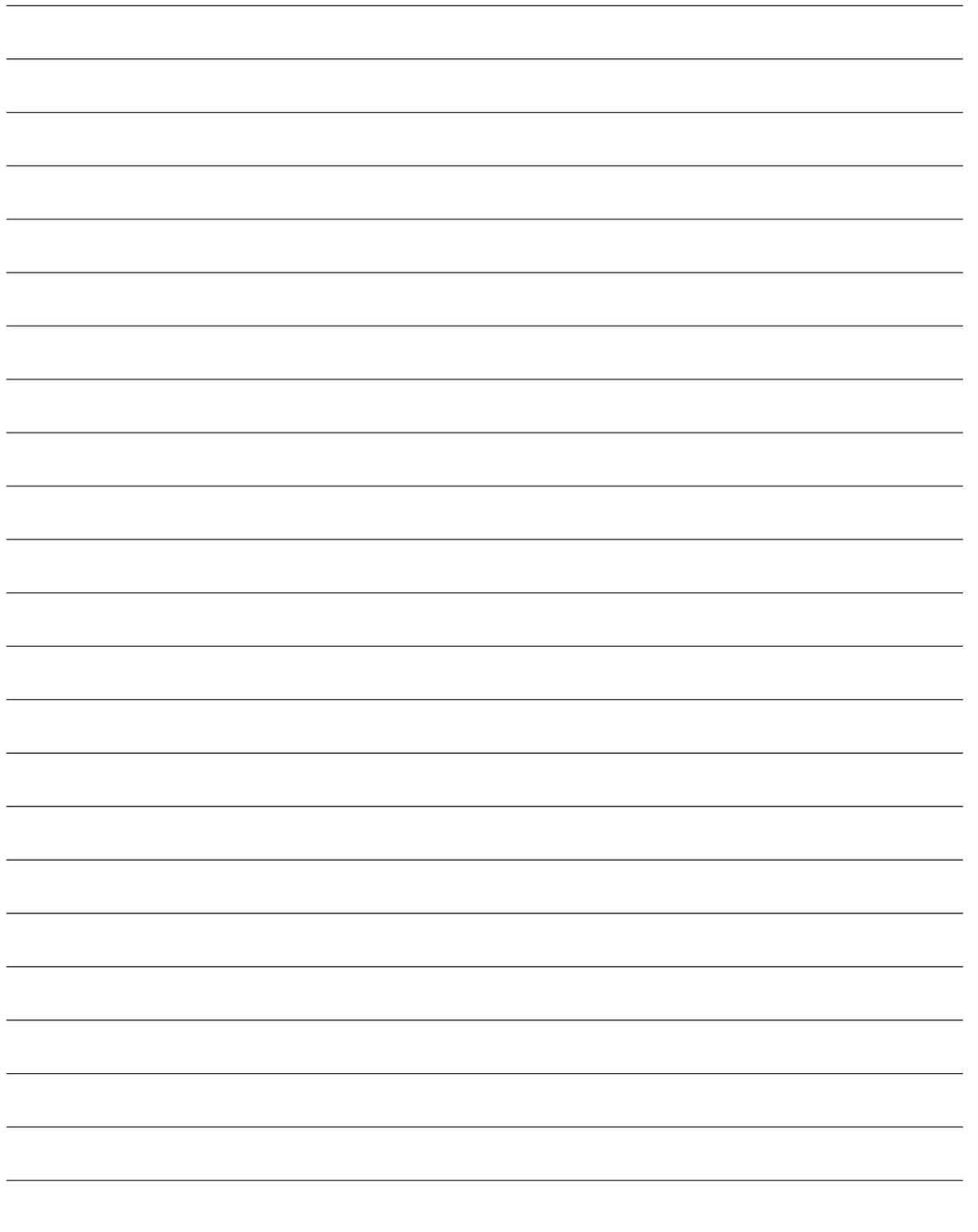




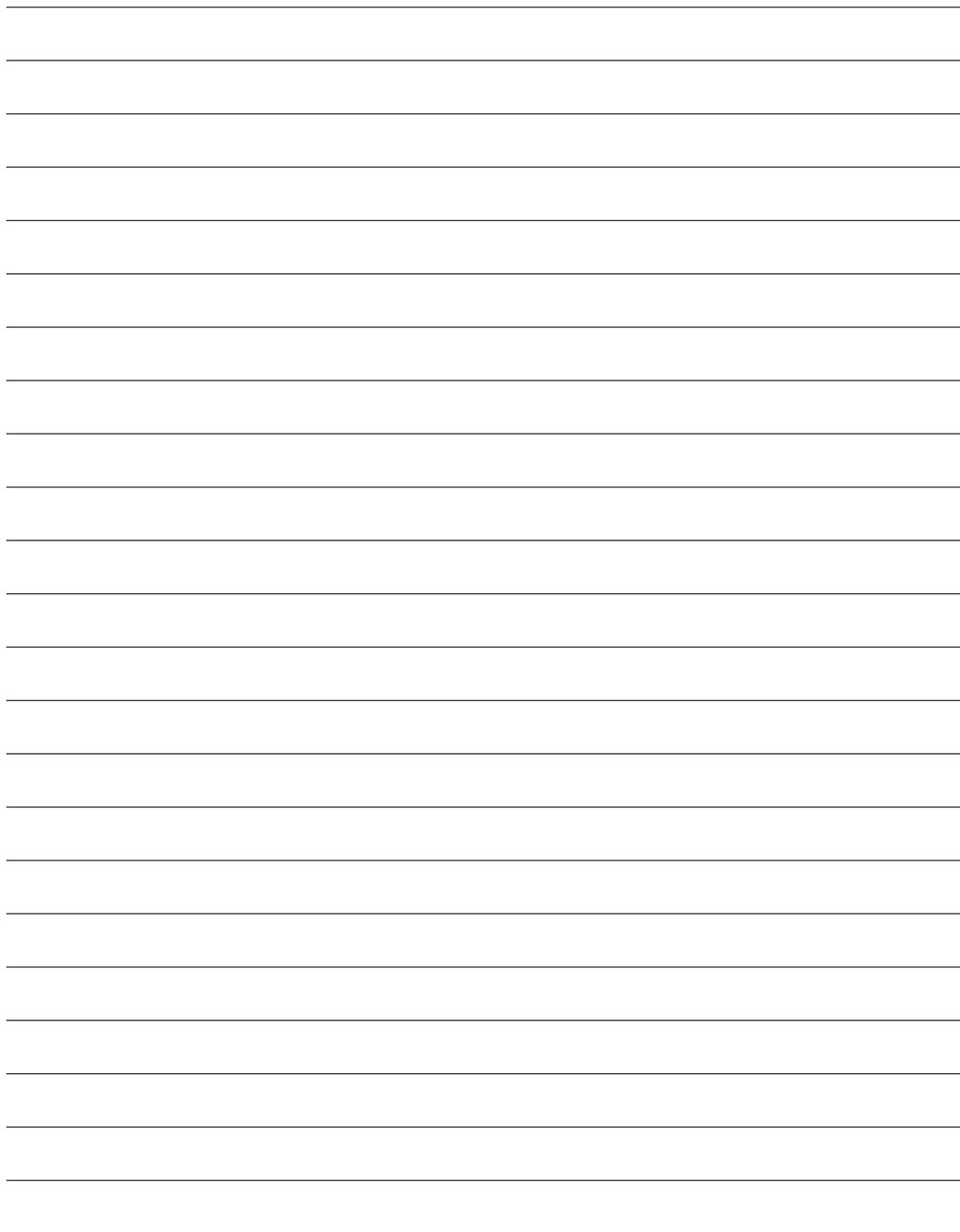


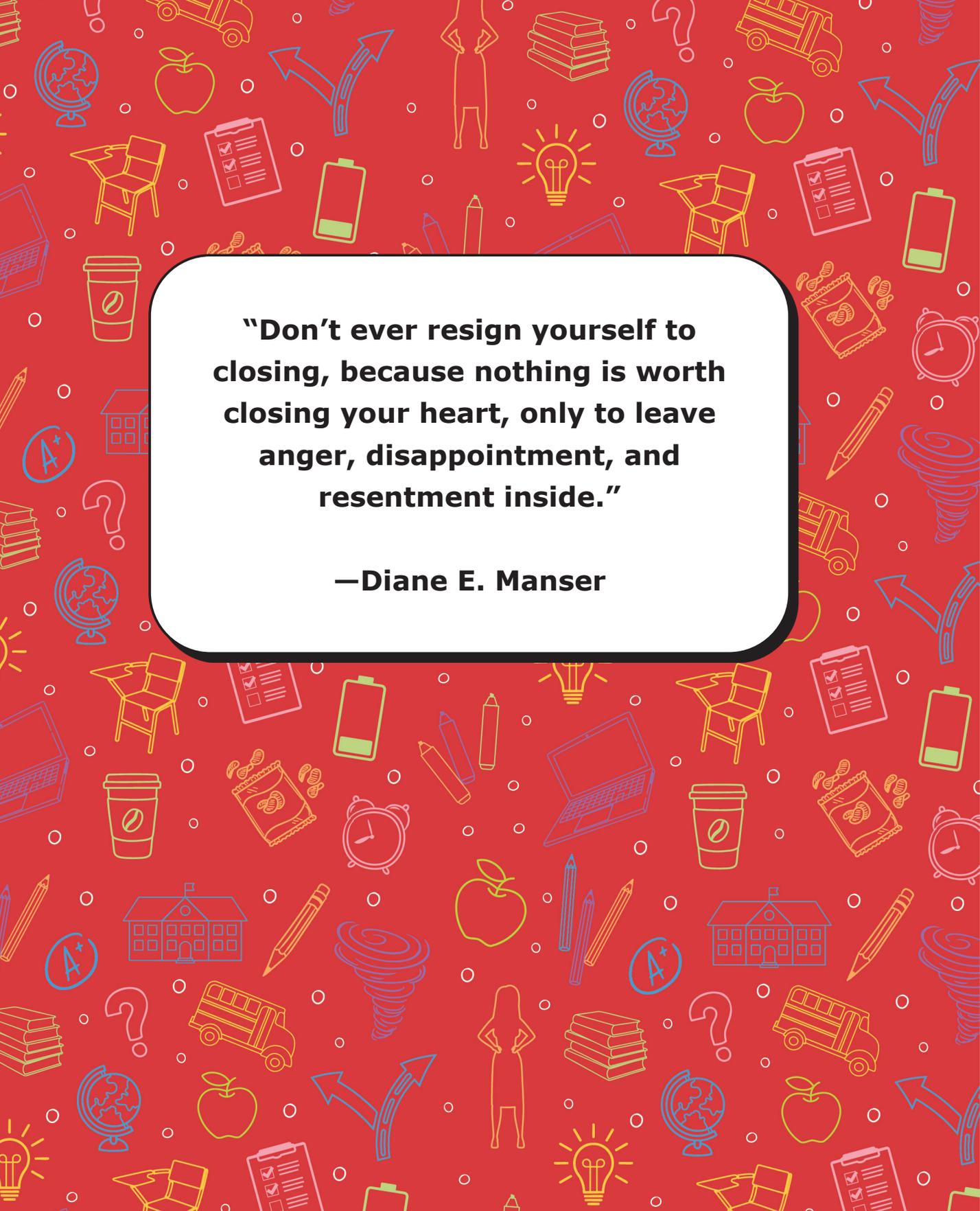






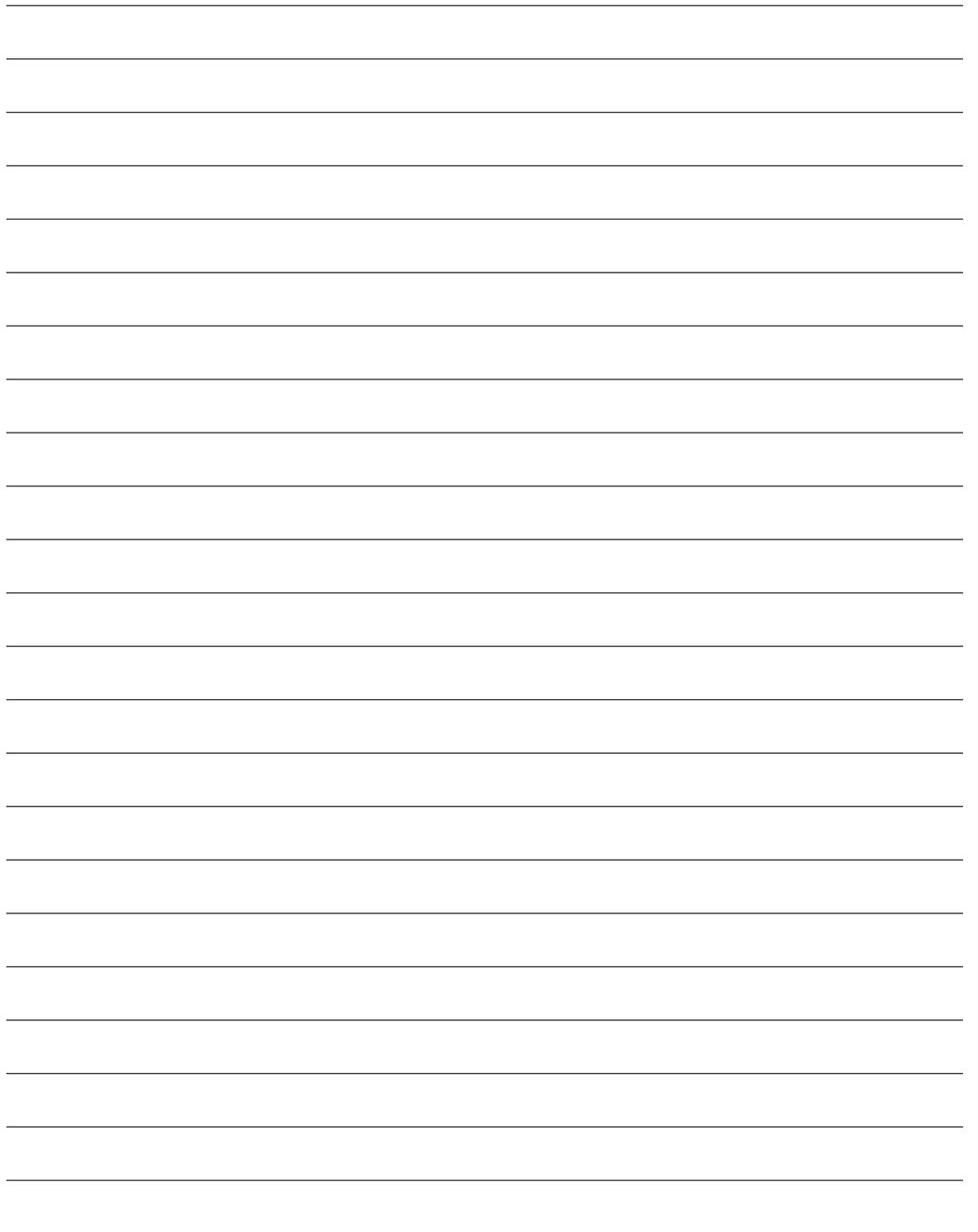




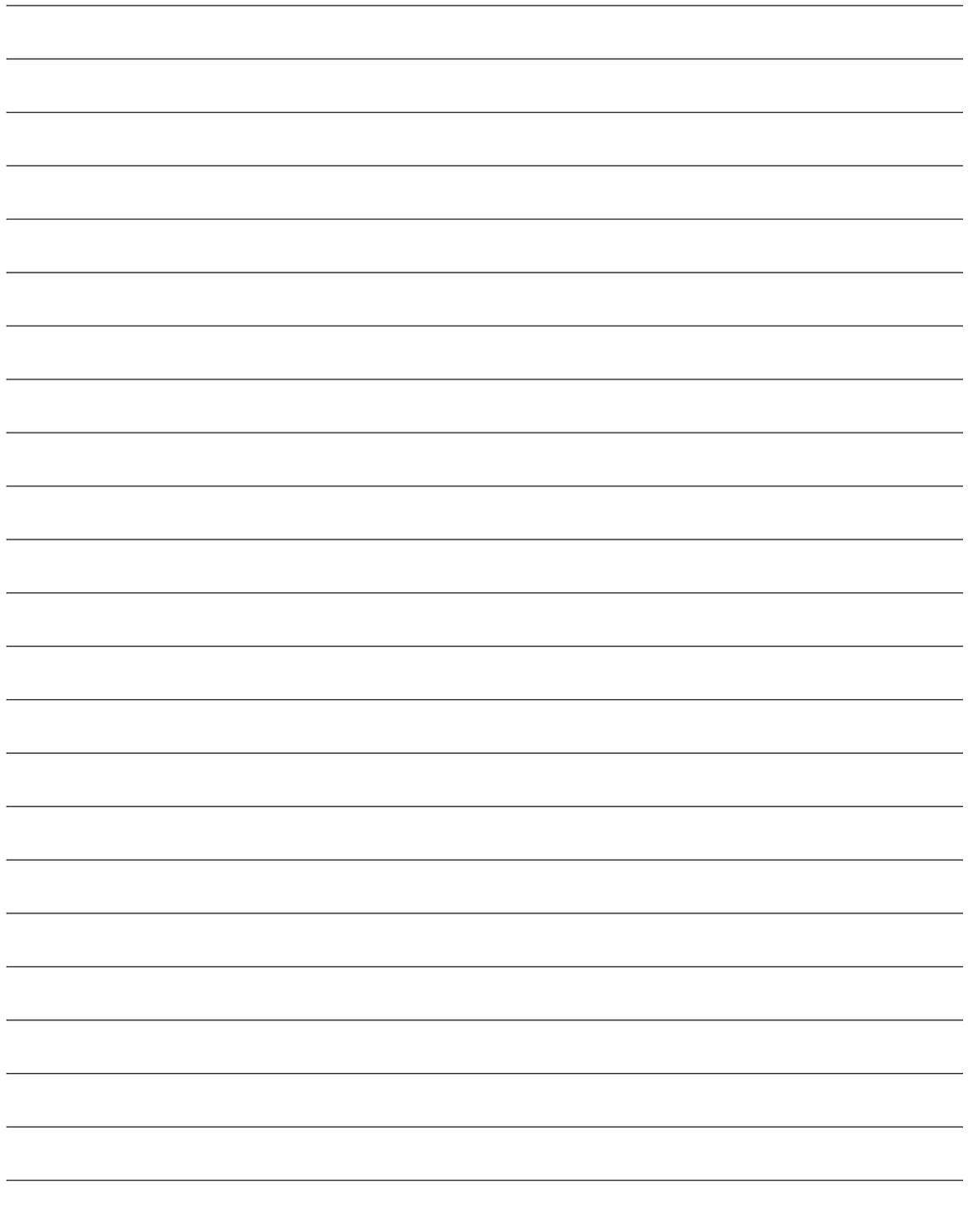


**“Don’t ever resign yourself to closing, because nothing is worth closing your heart, only to leave anger, disappointment, and resentment inside.”**

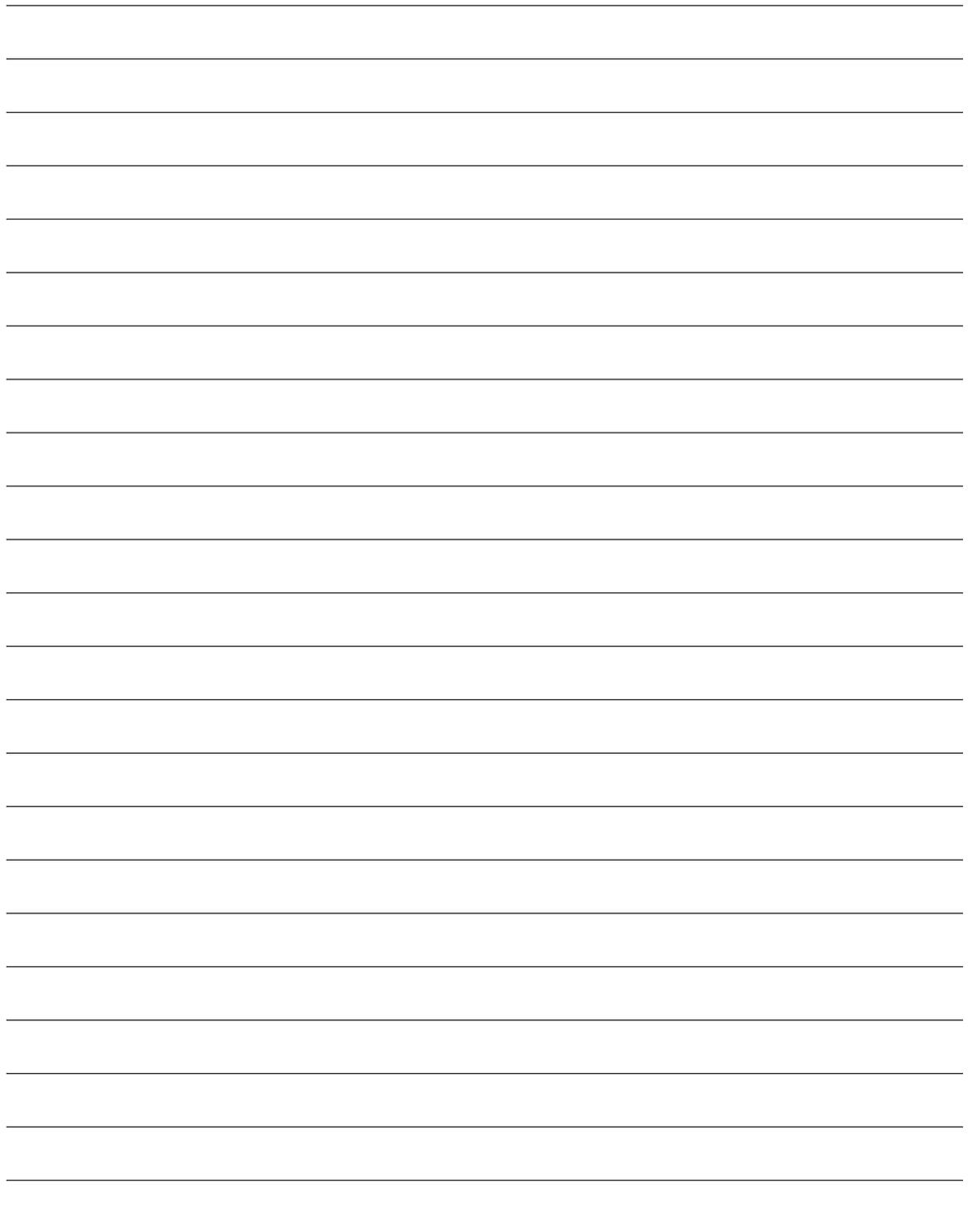
**—Diane E. Manser**



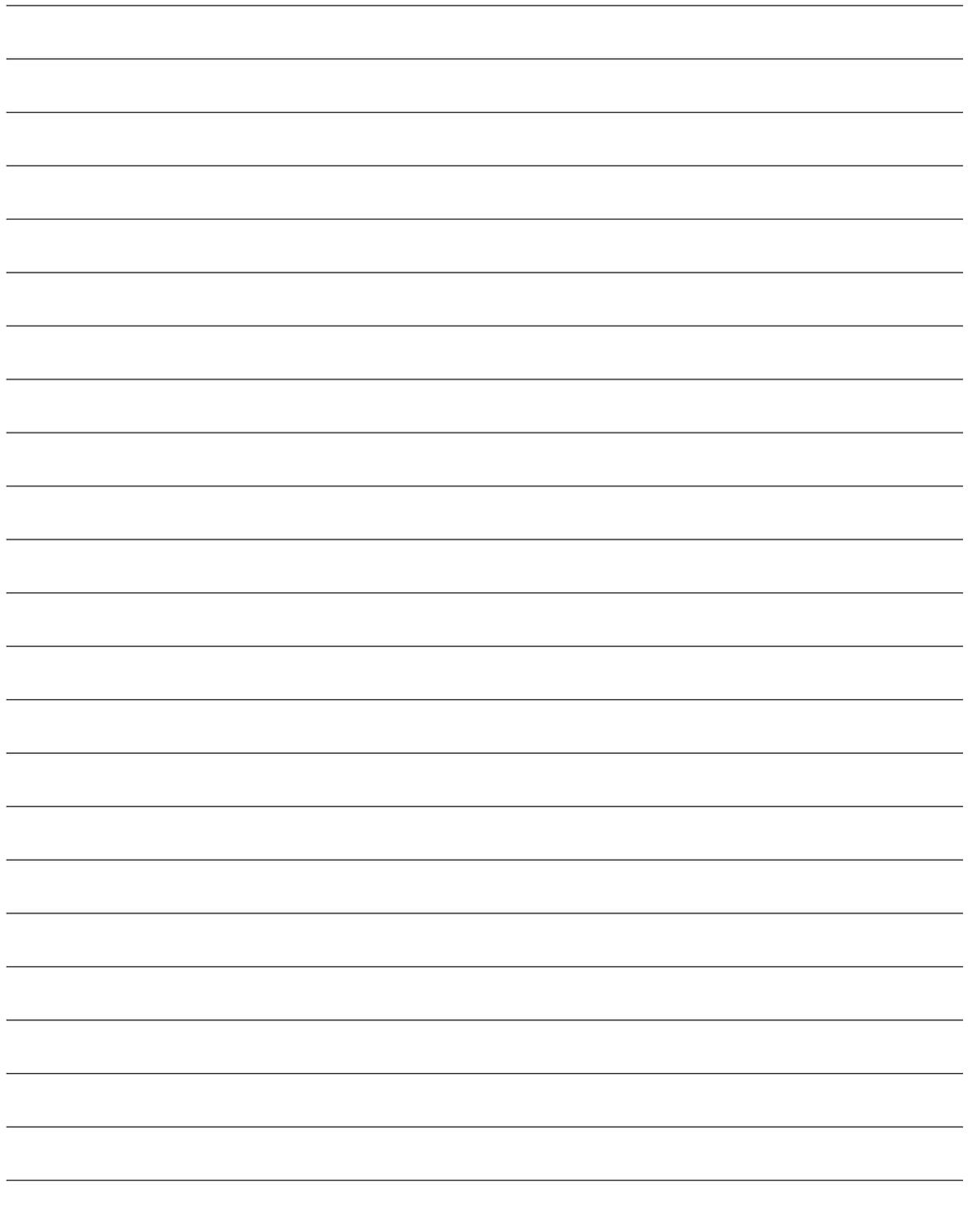




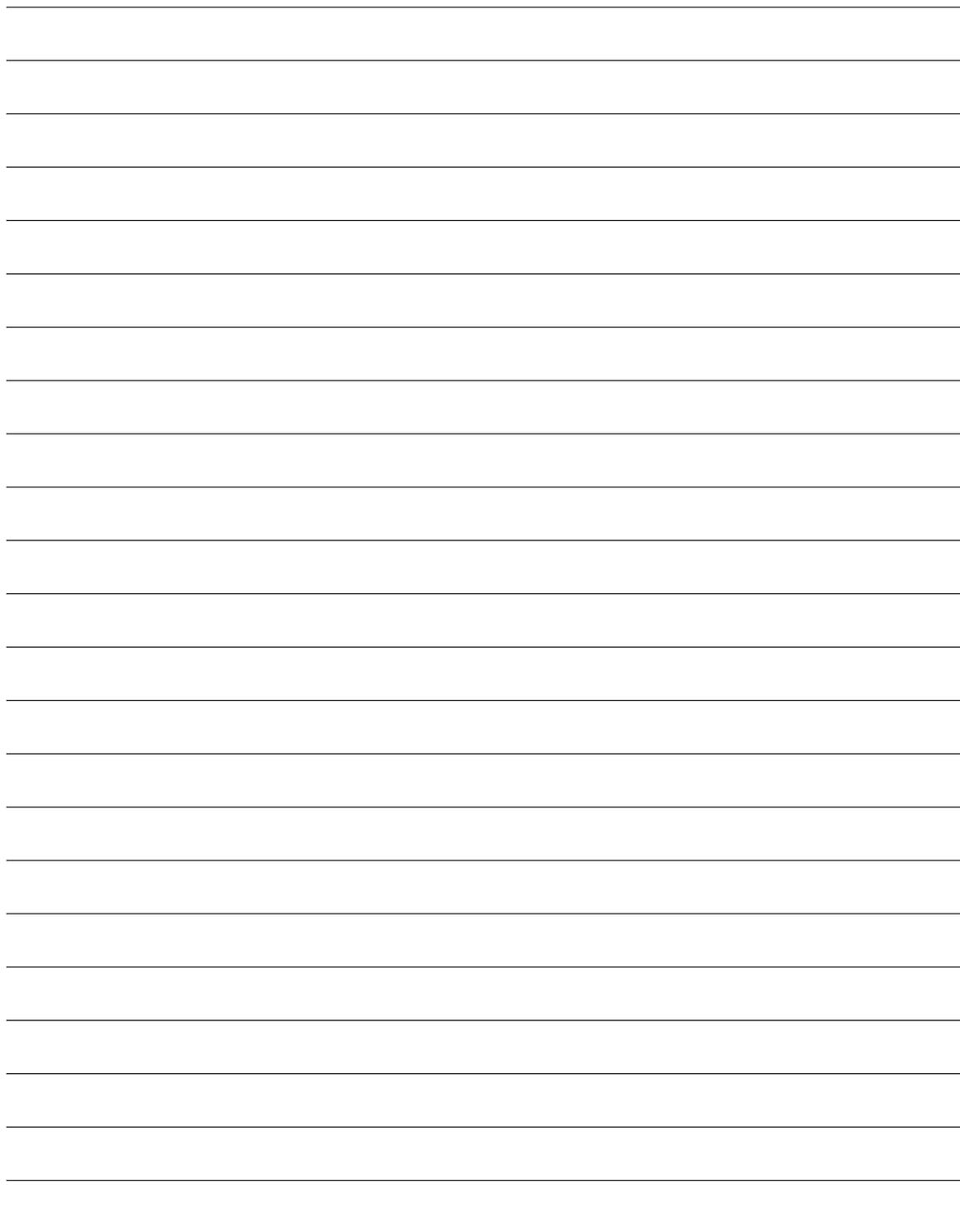




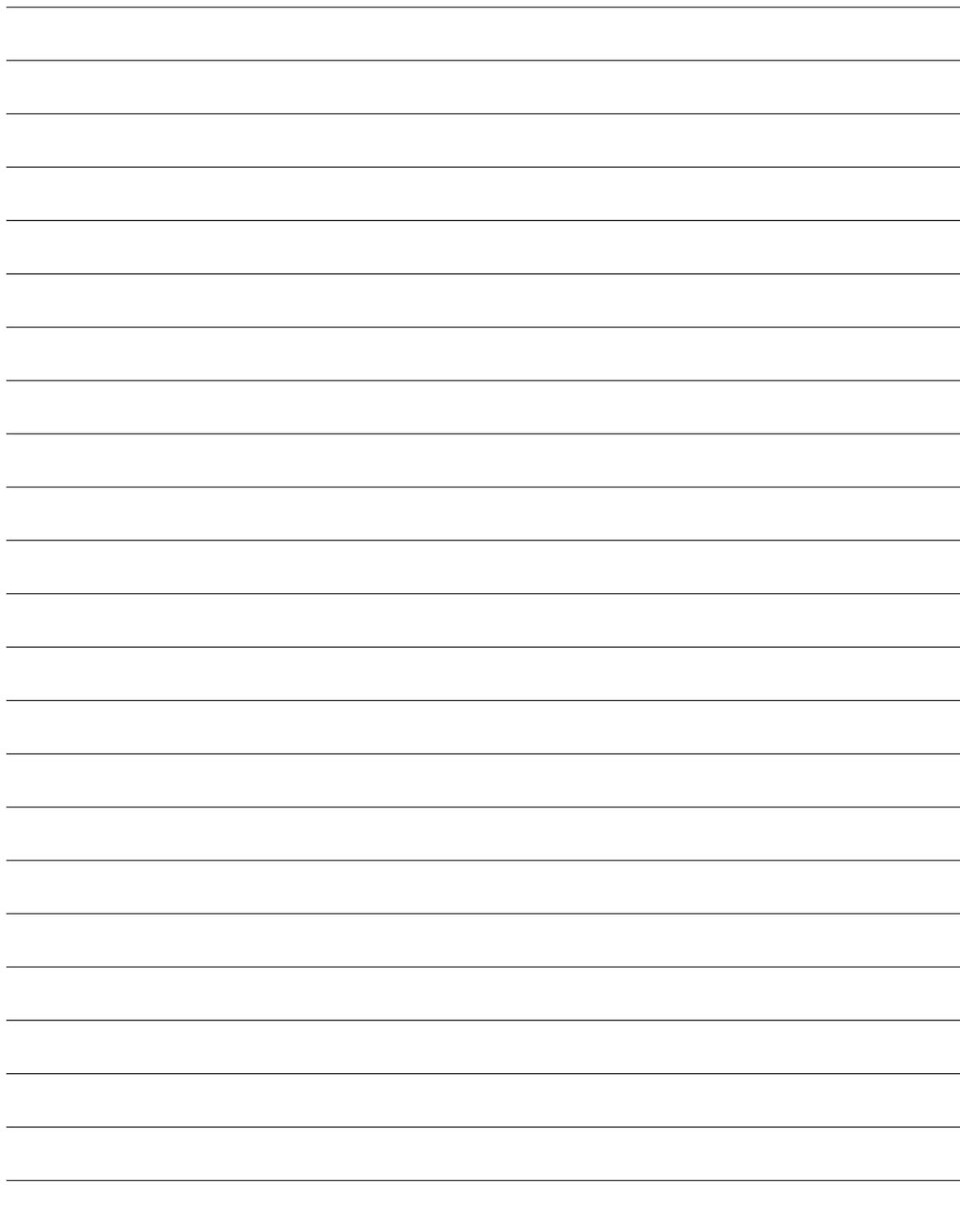




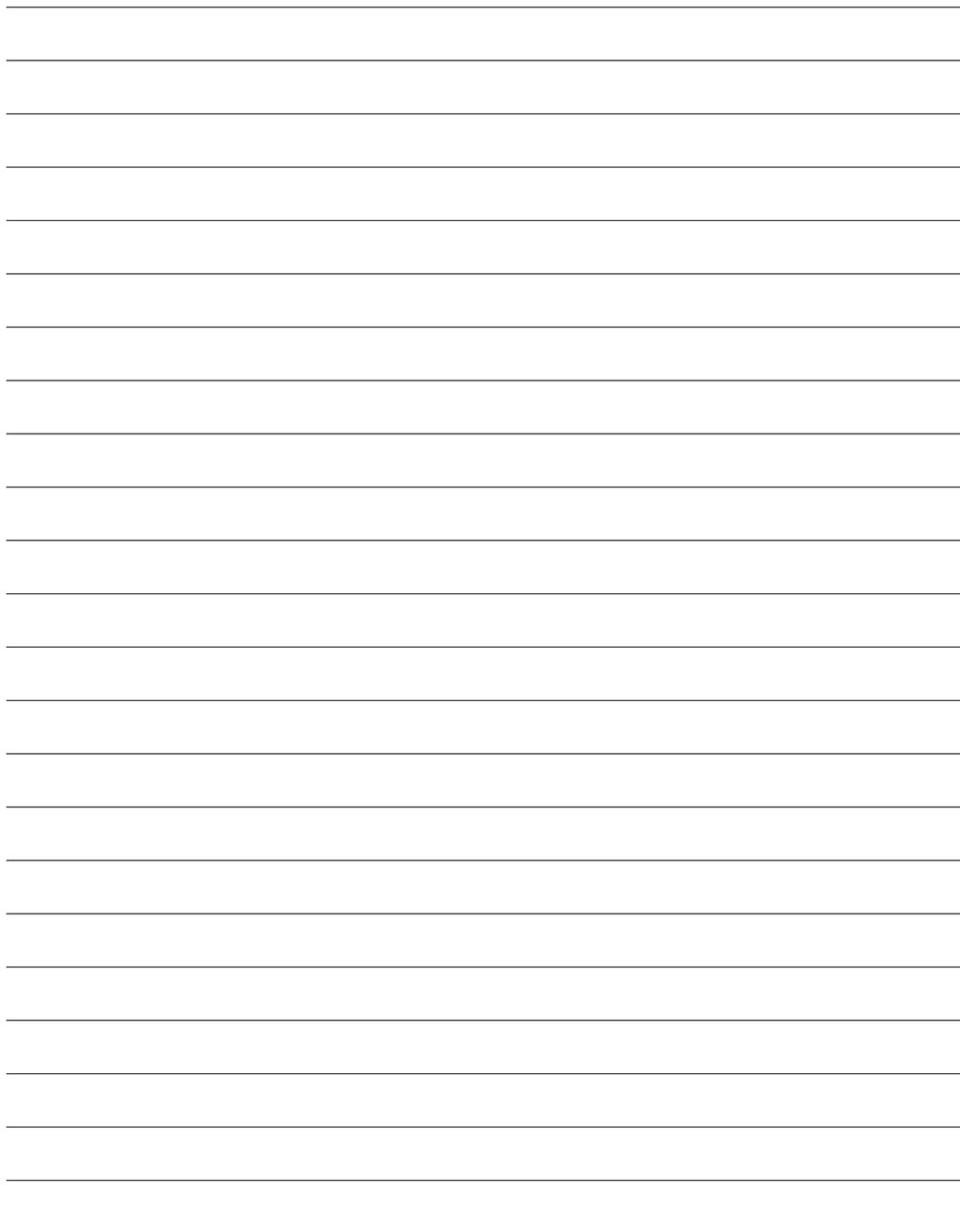




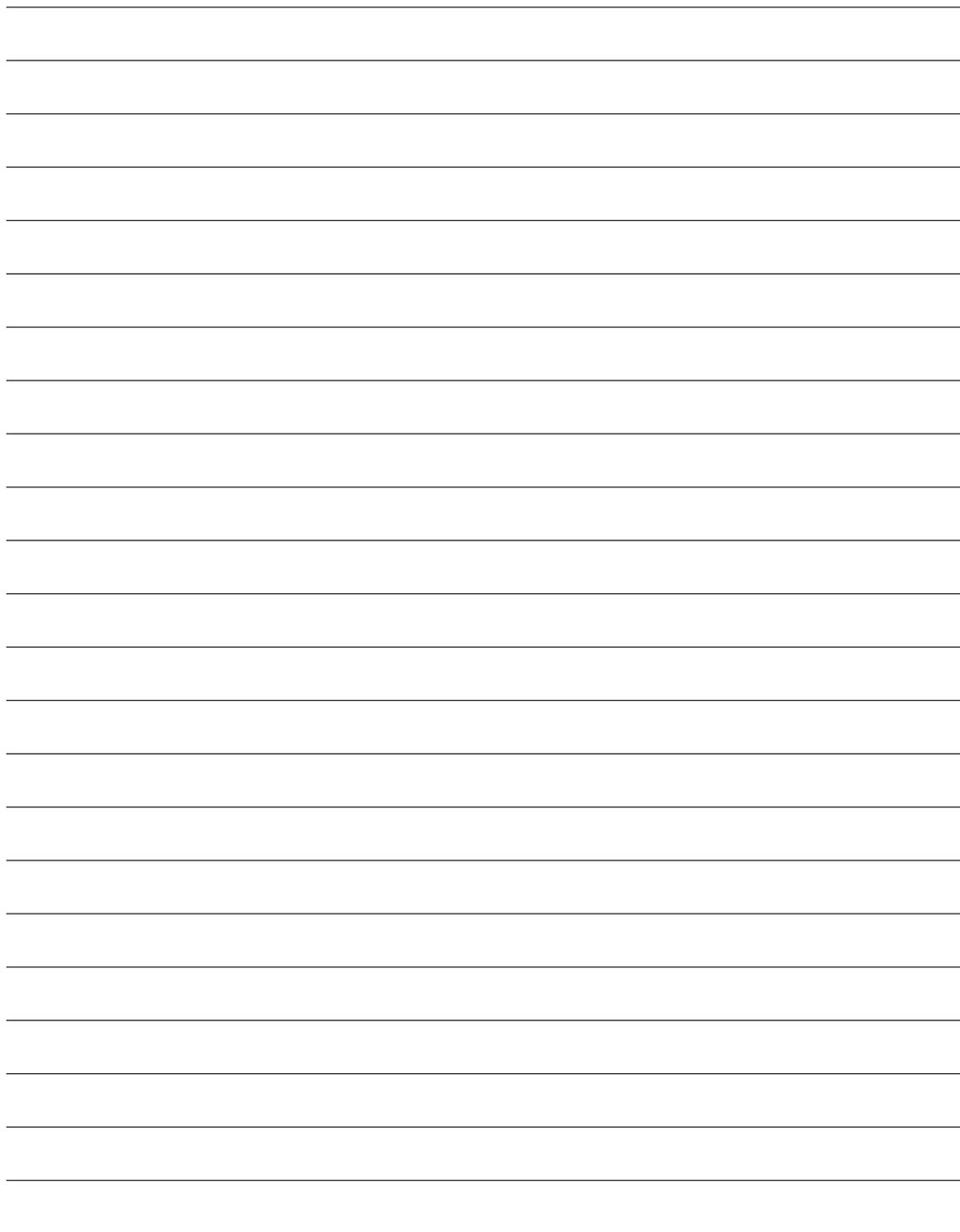




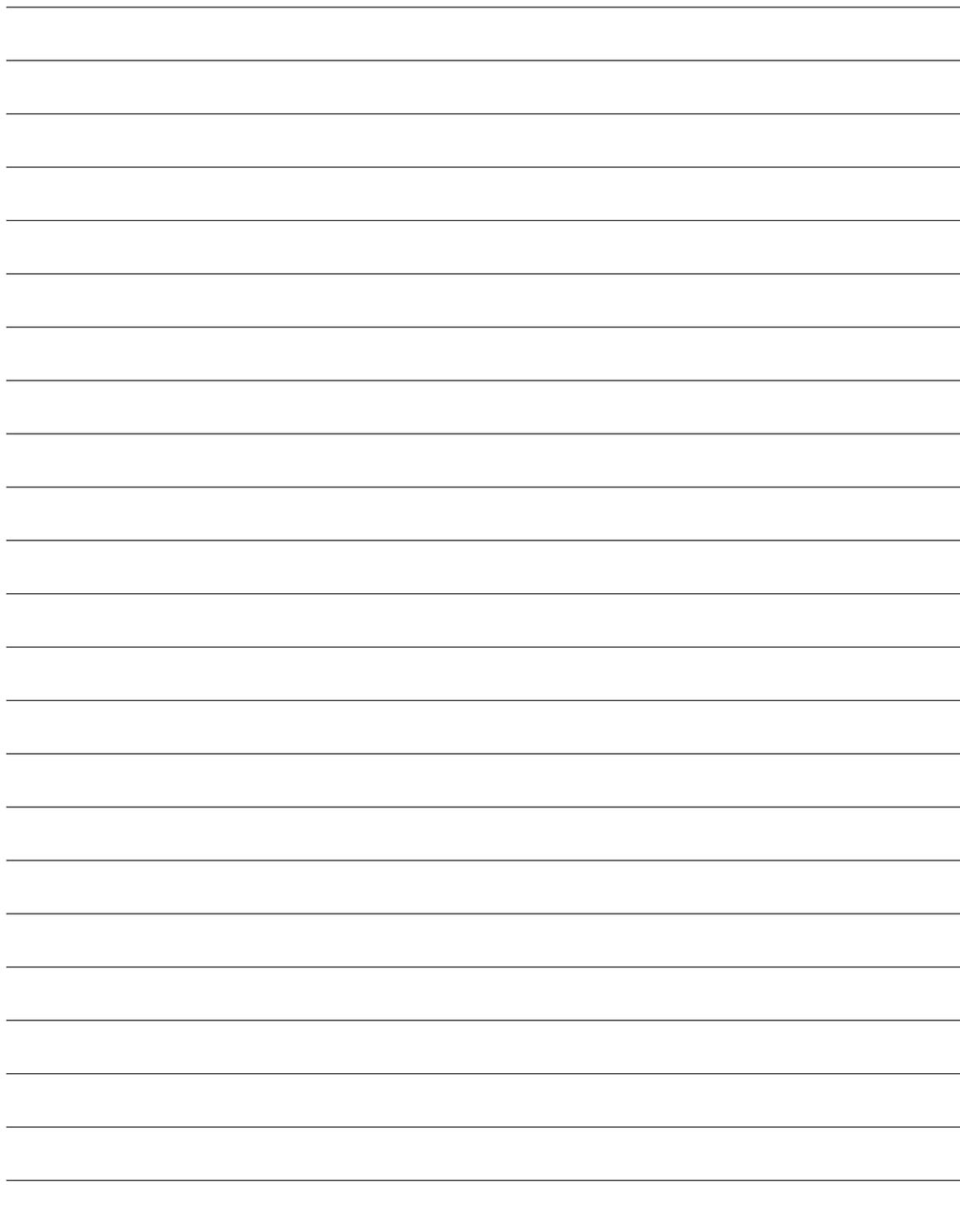




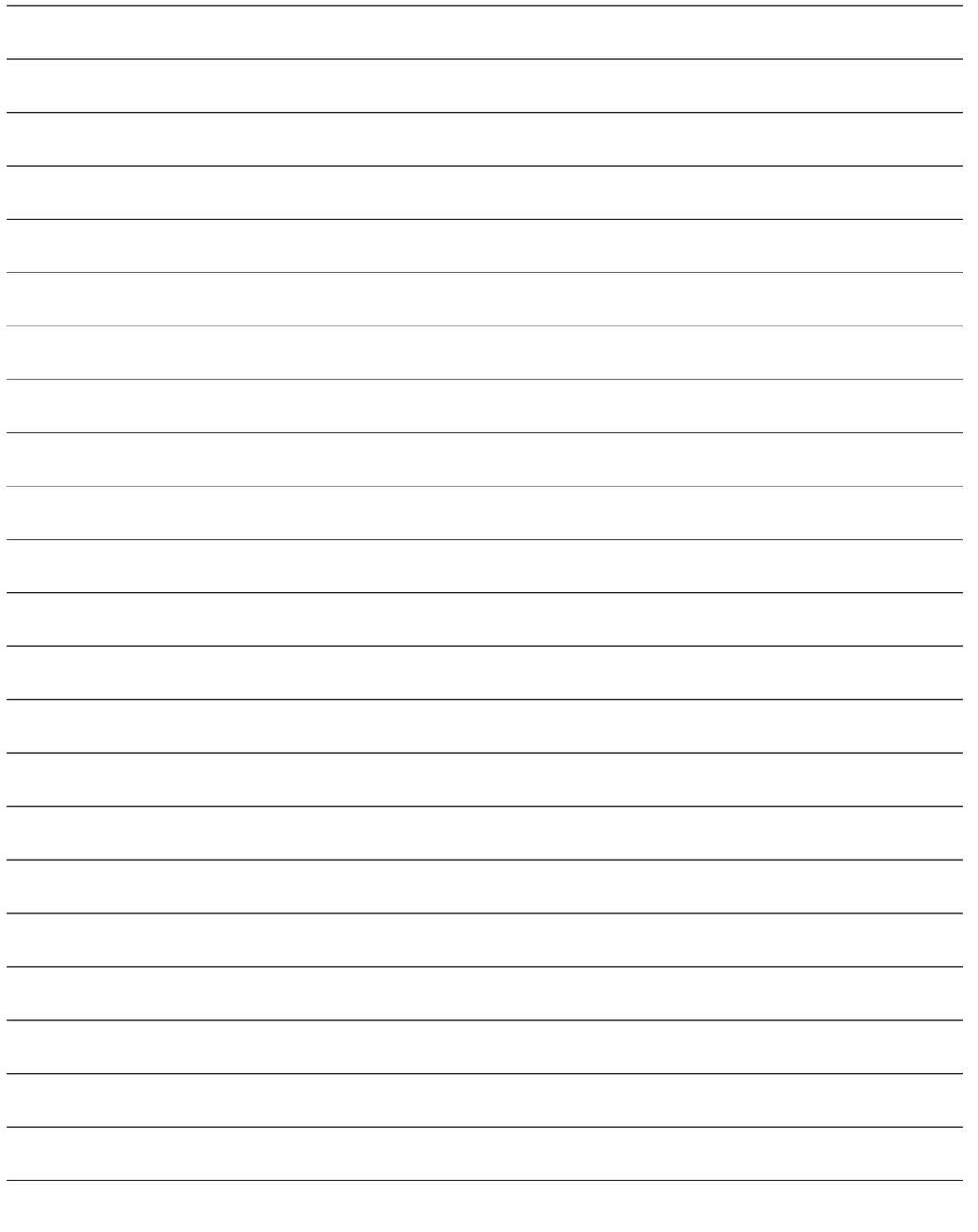




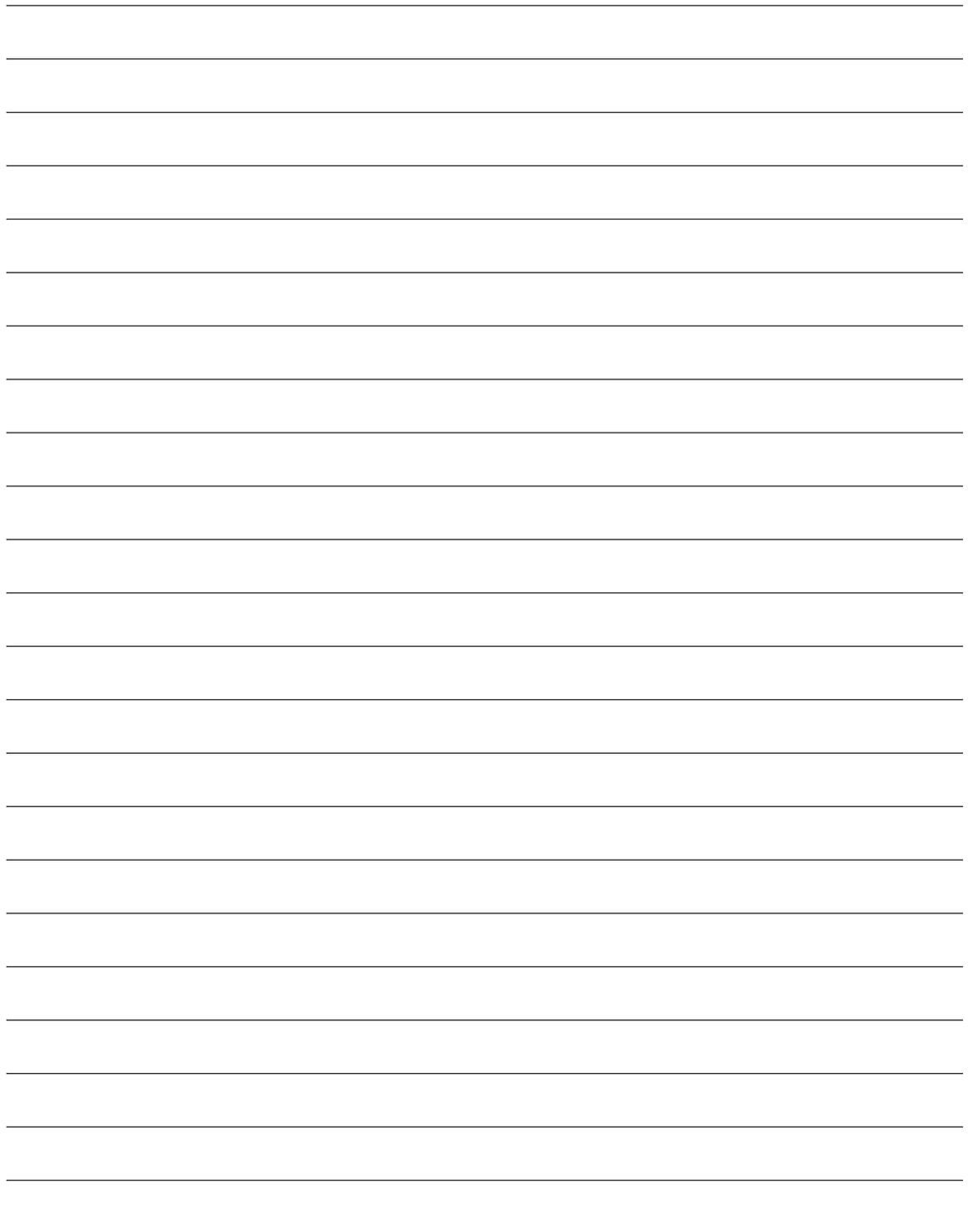




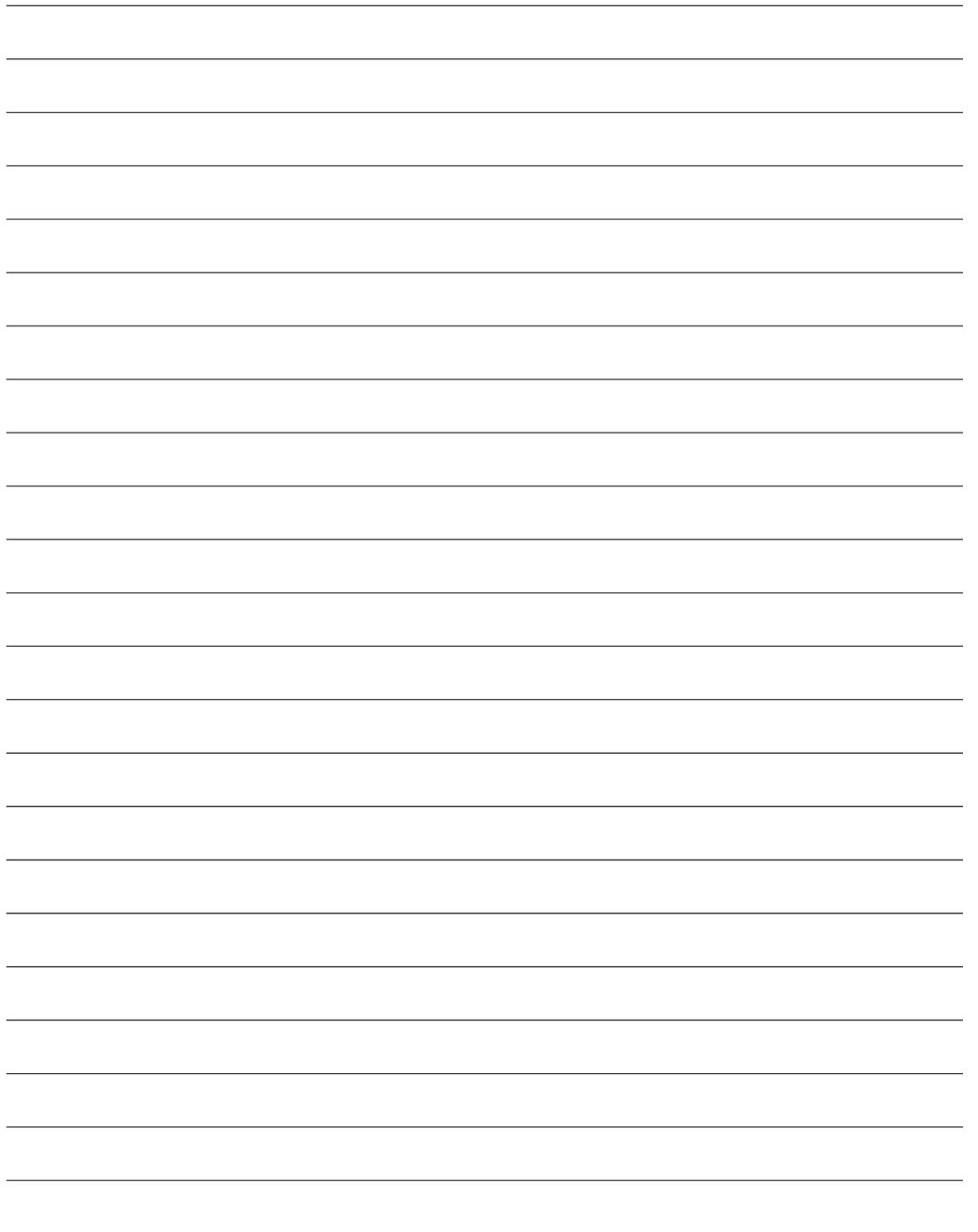




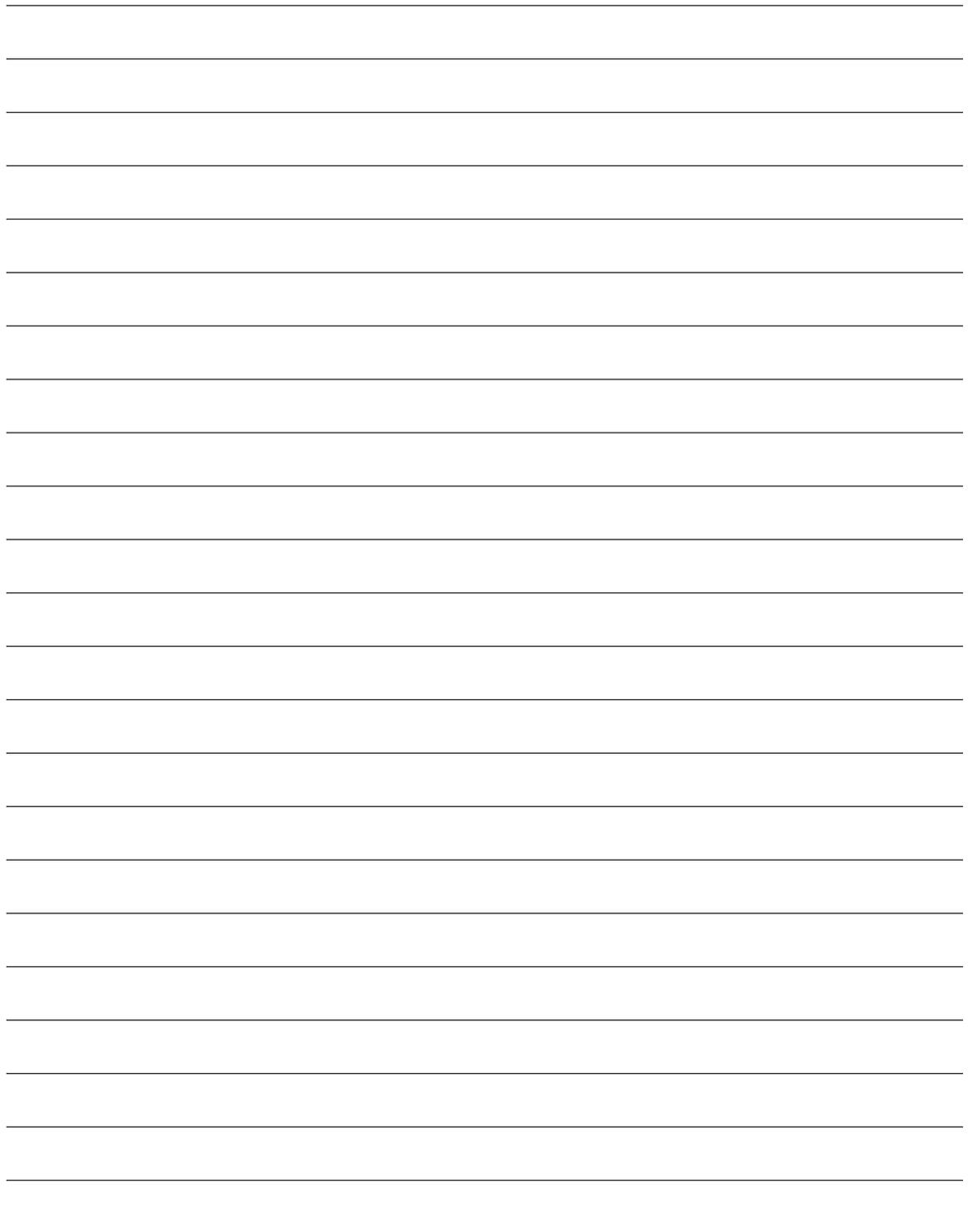




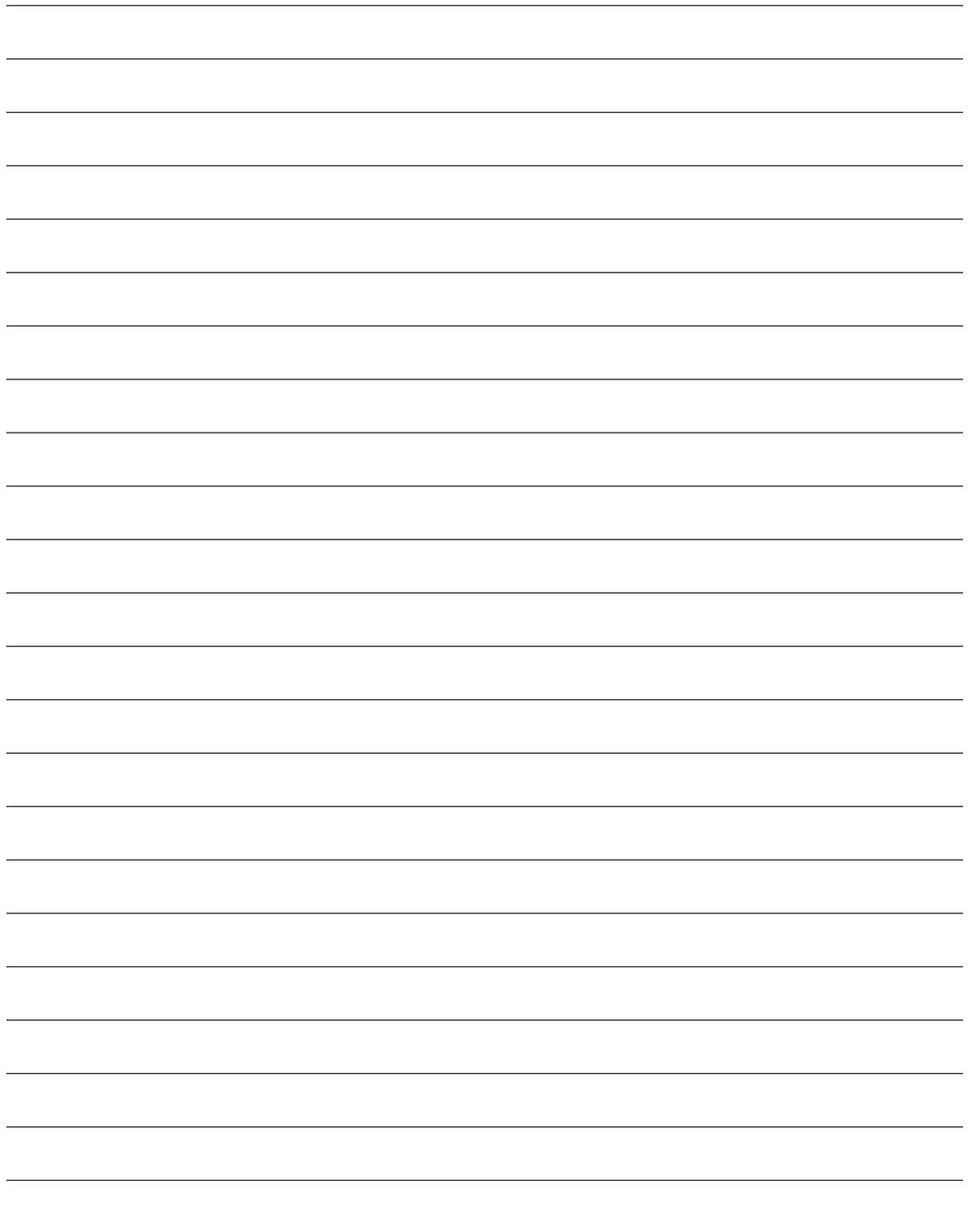




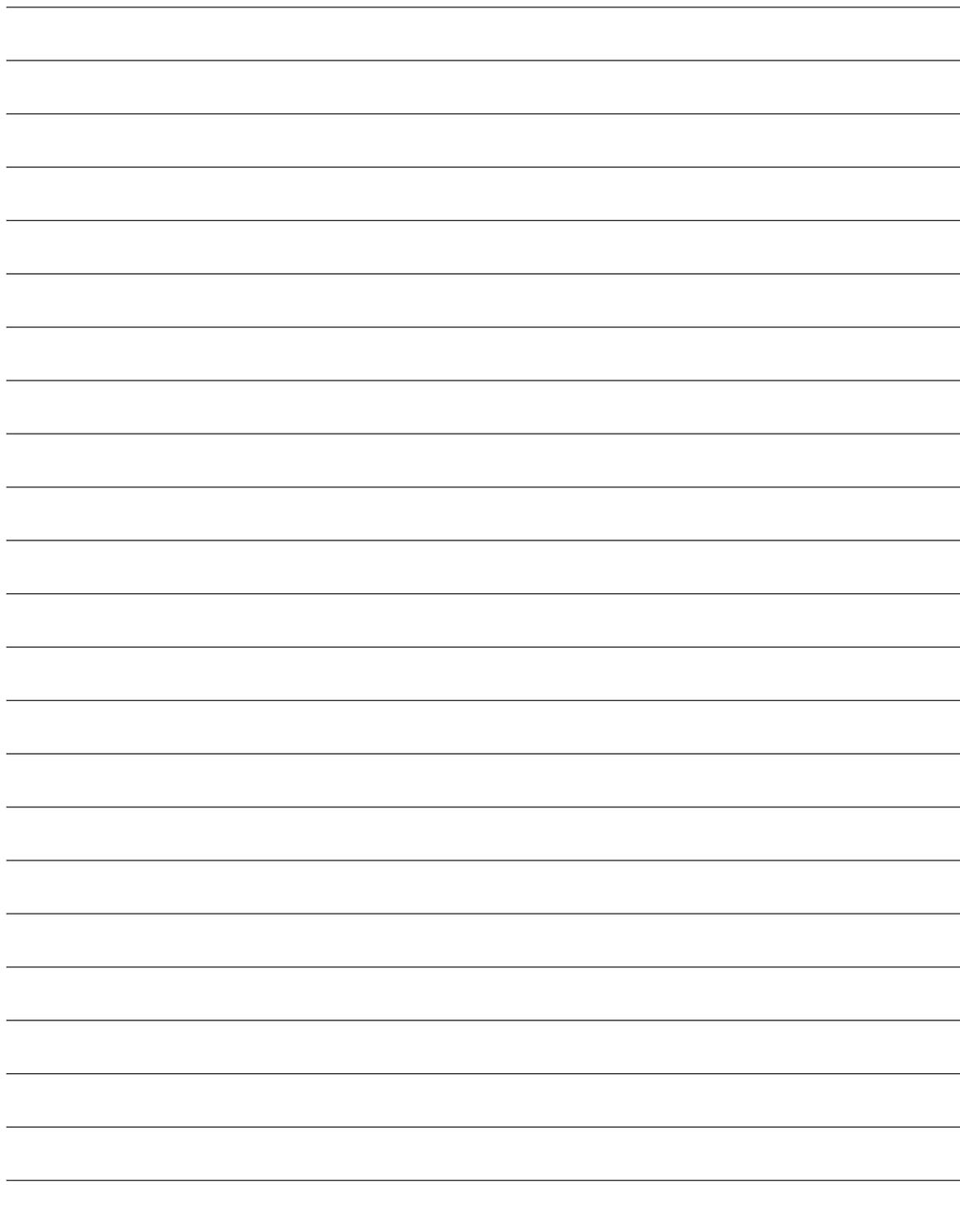




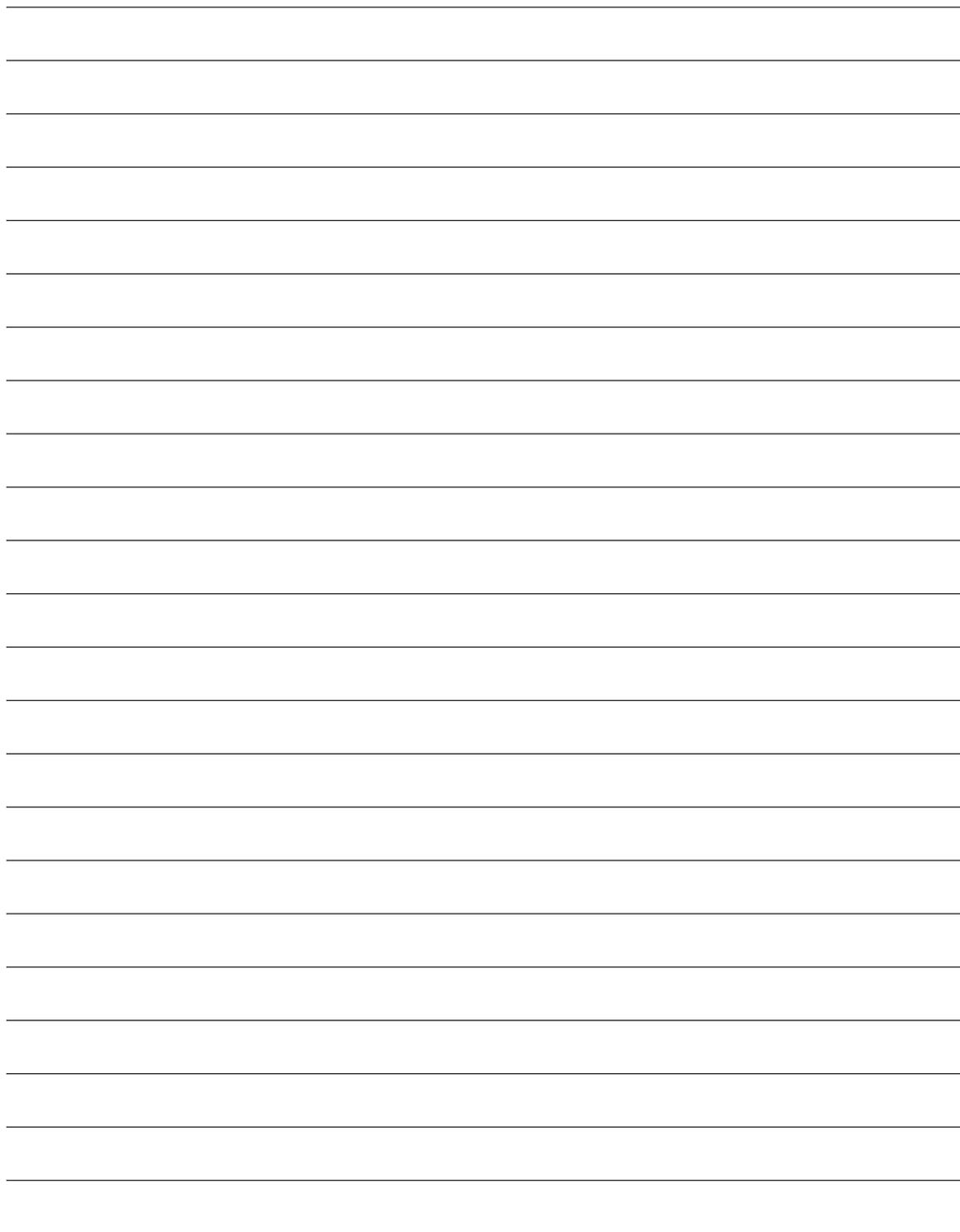




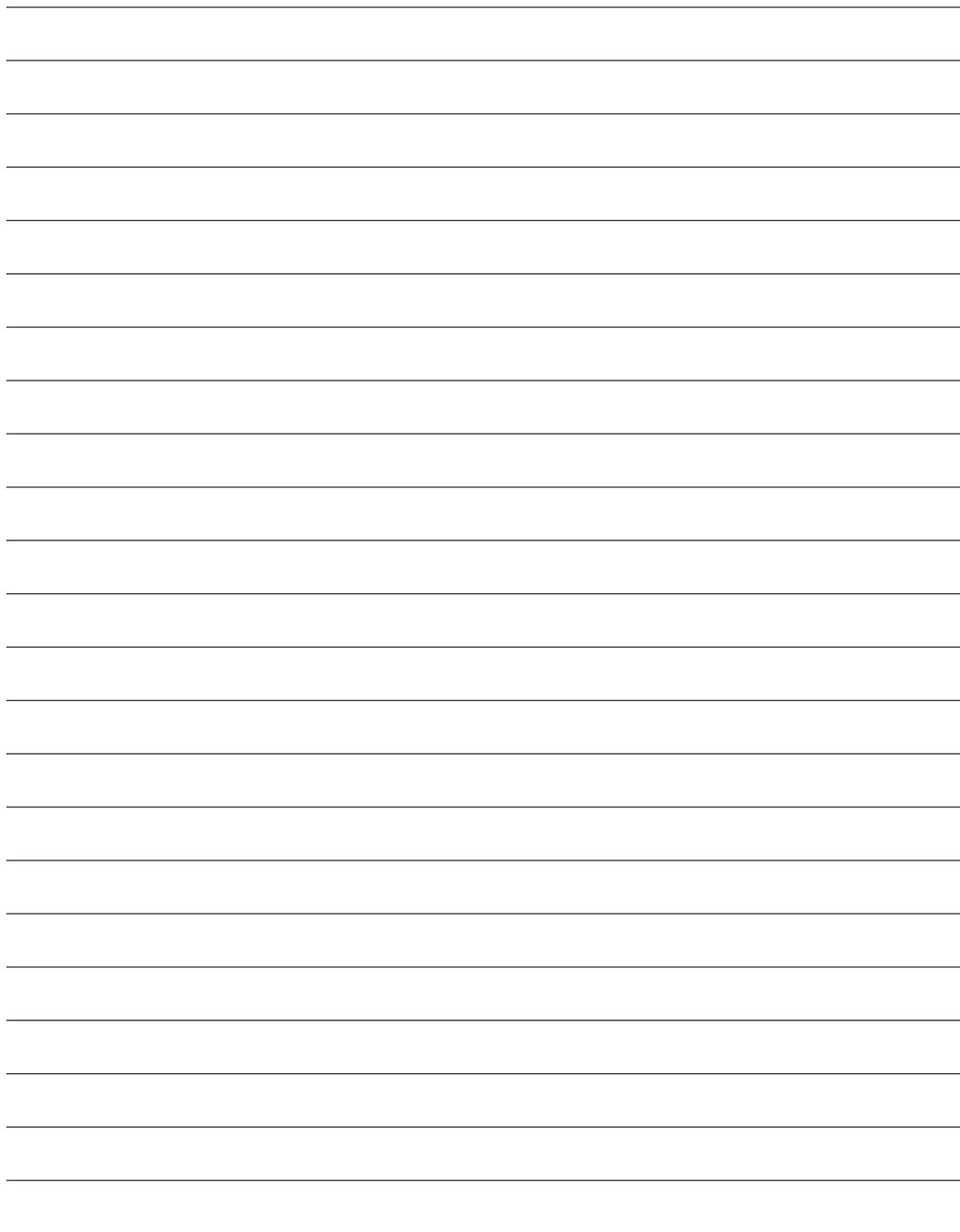




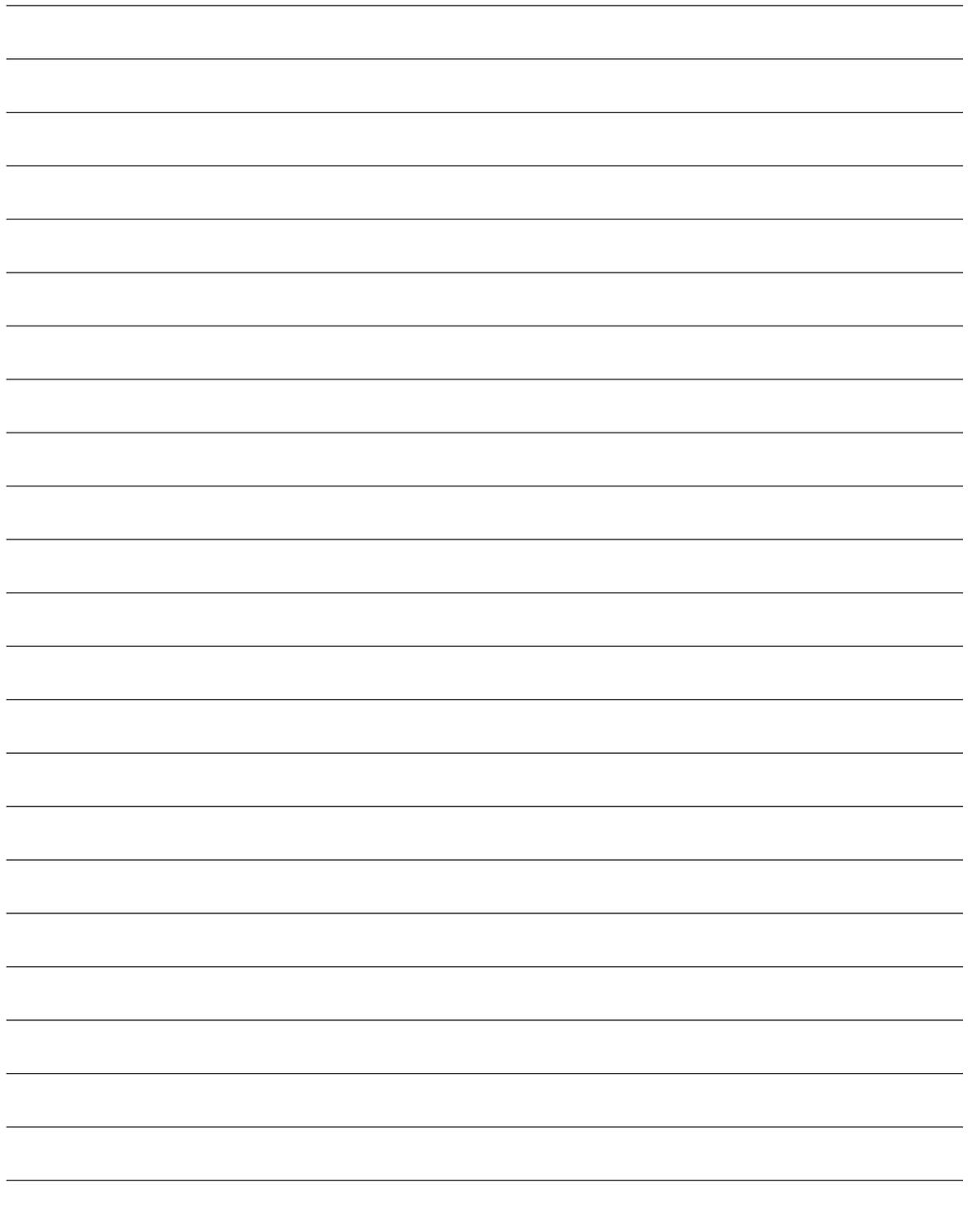




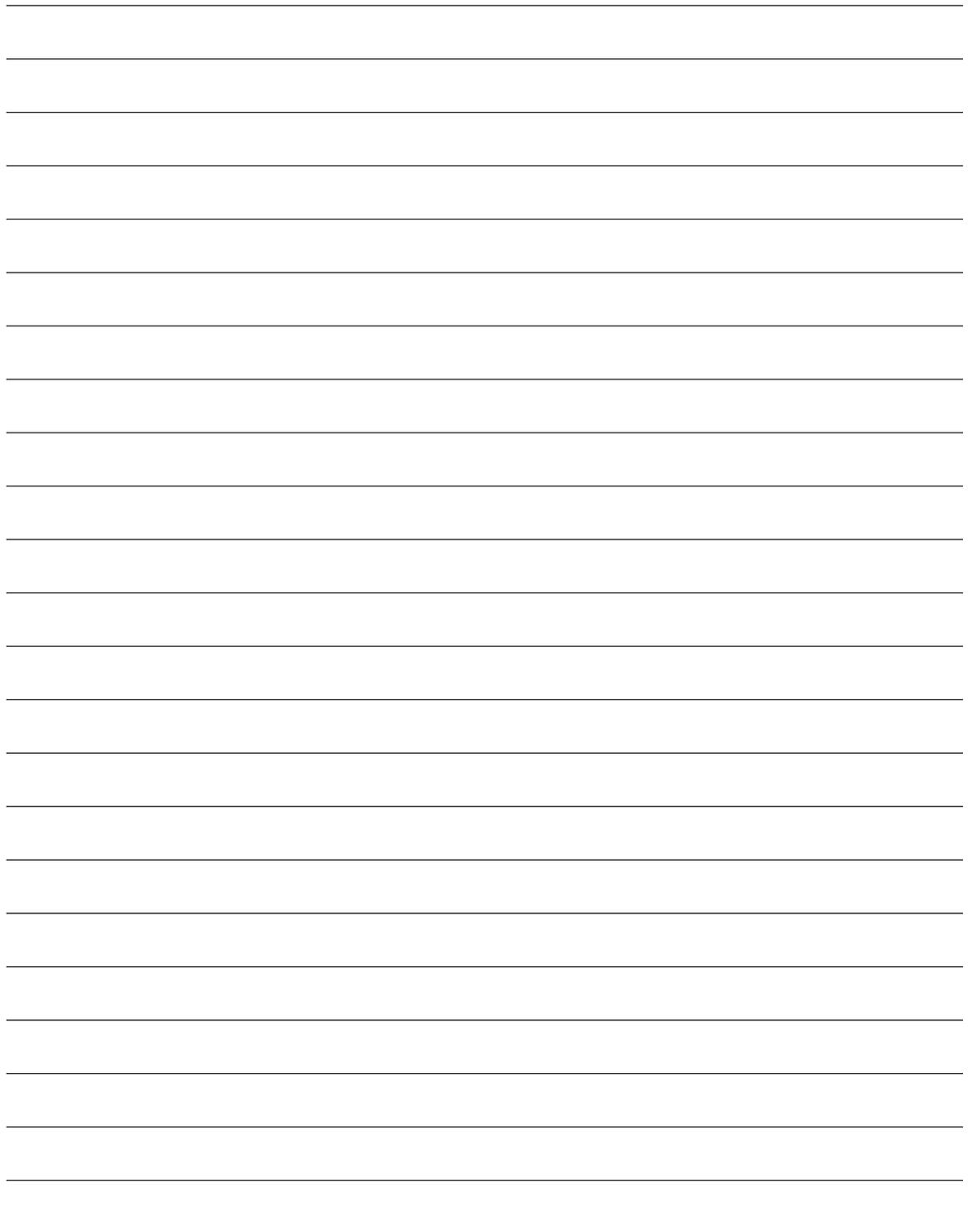




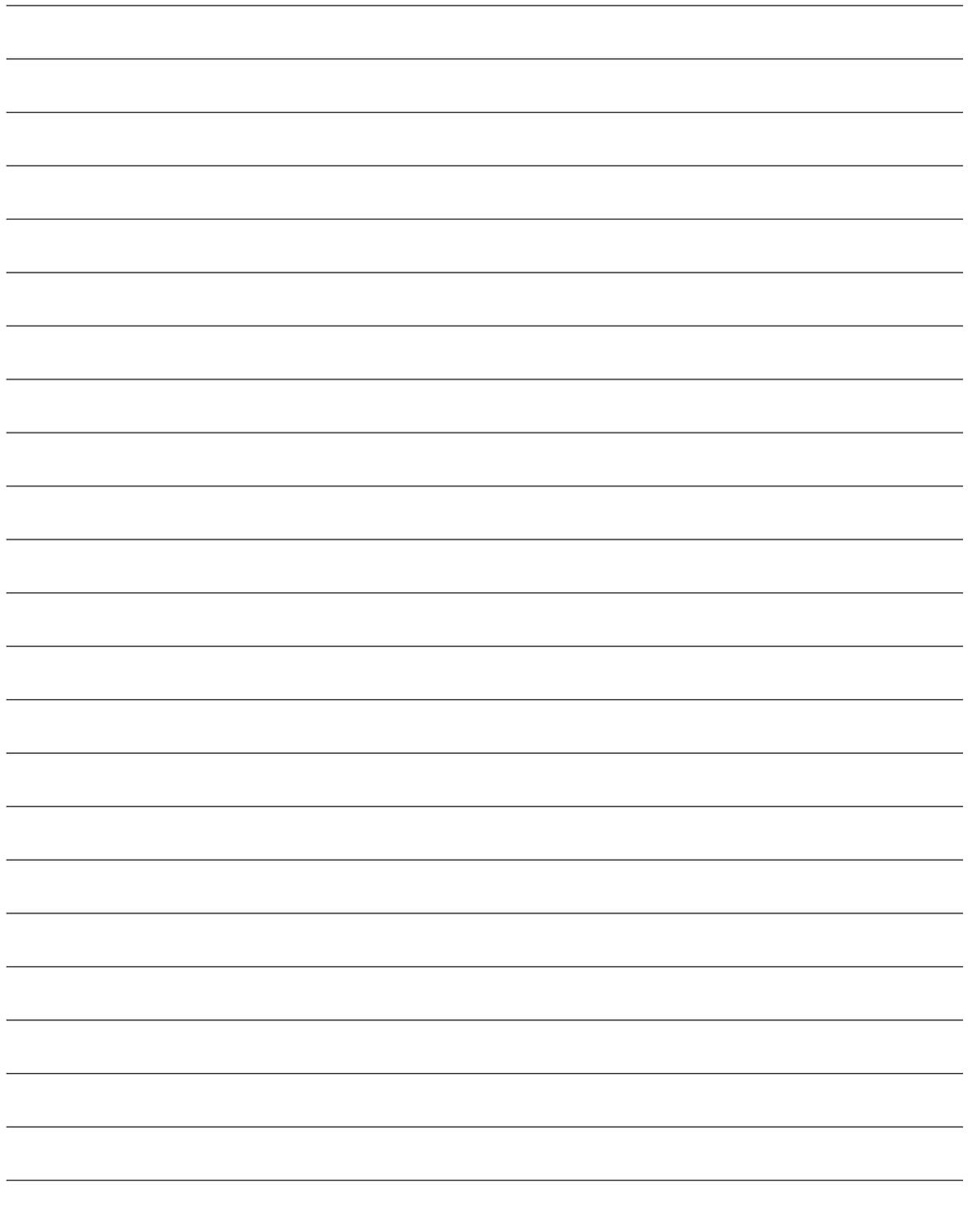




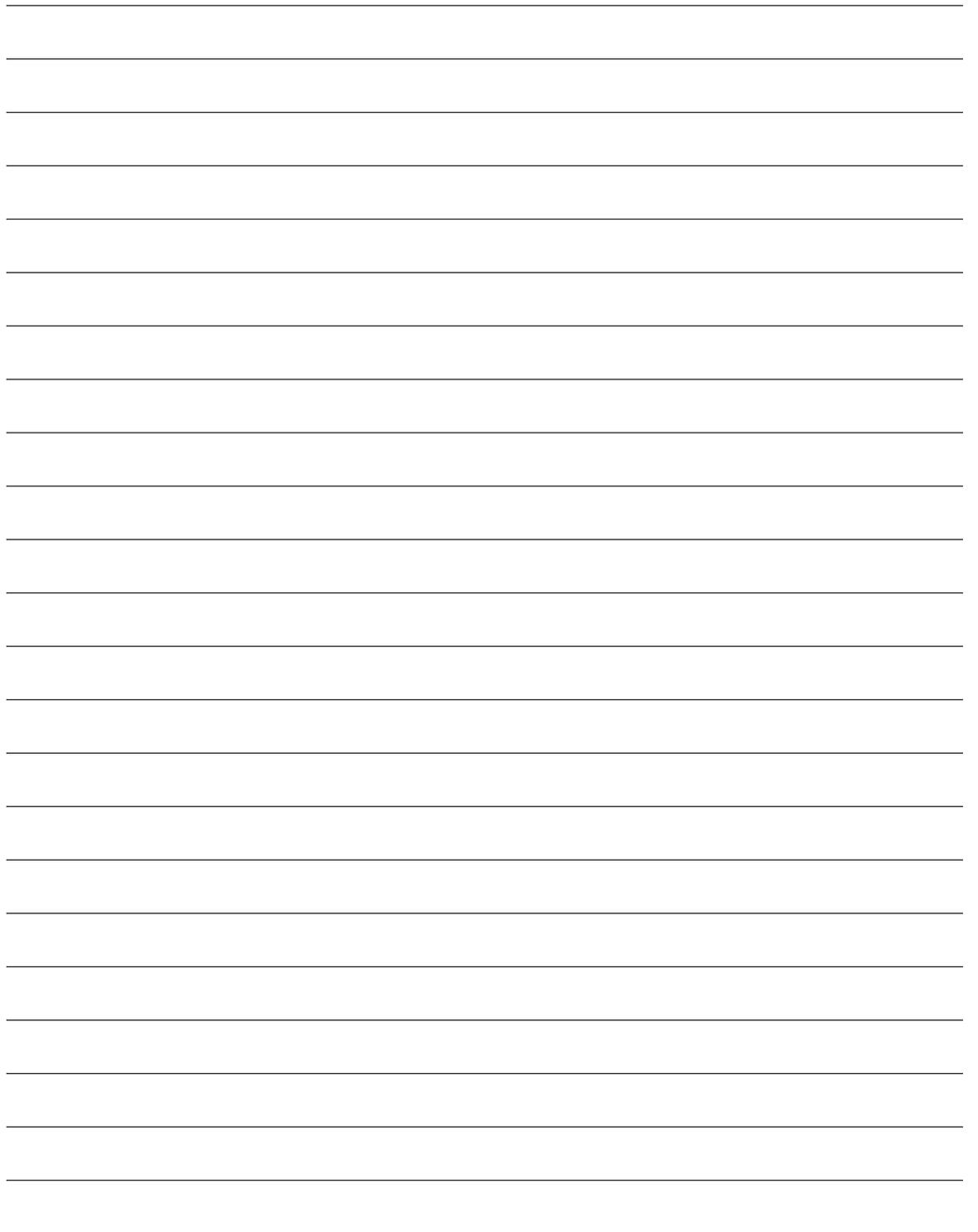




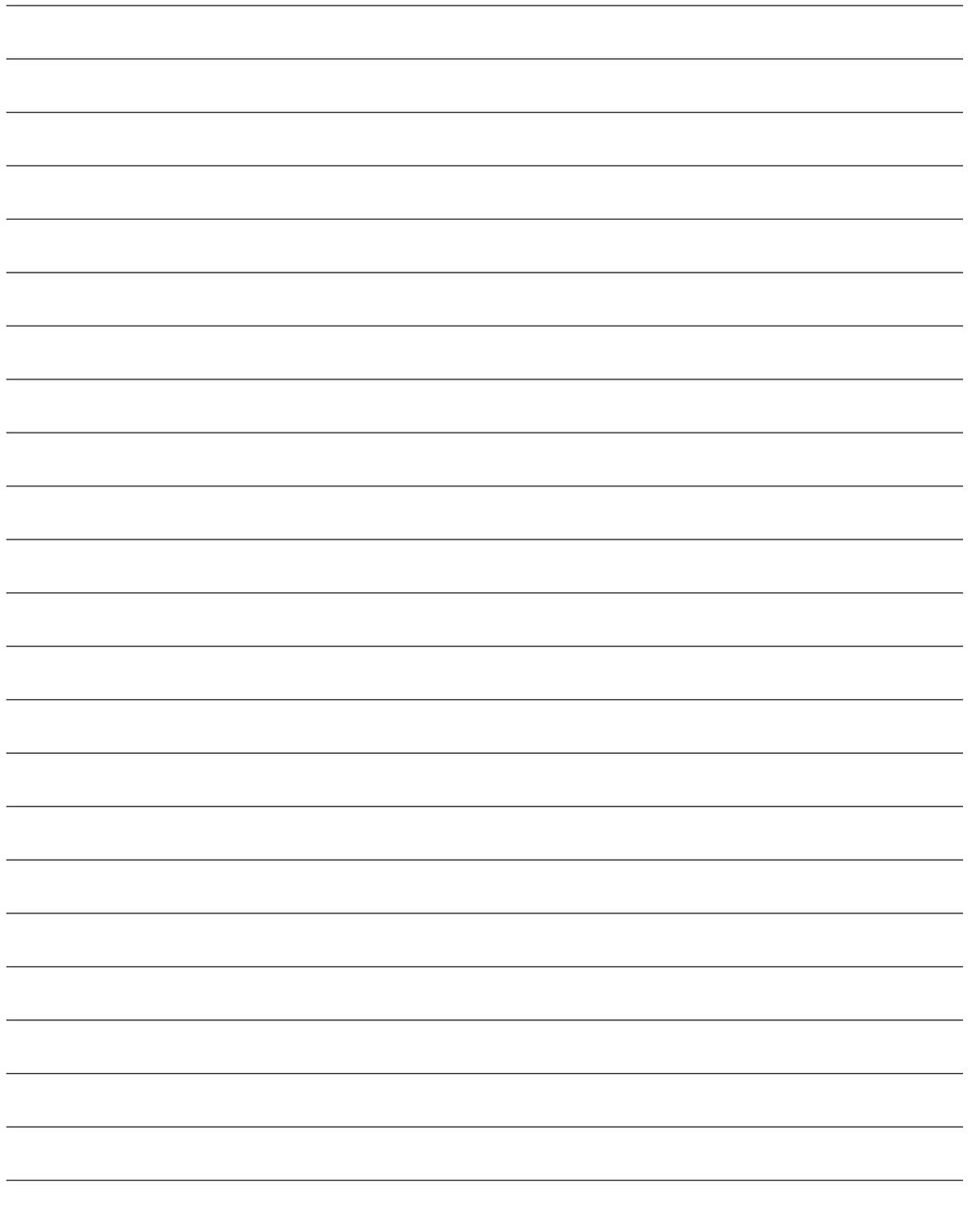




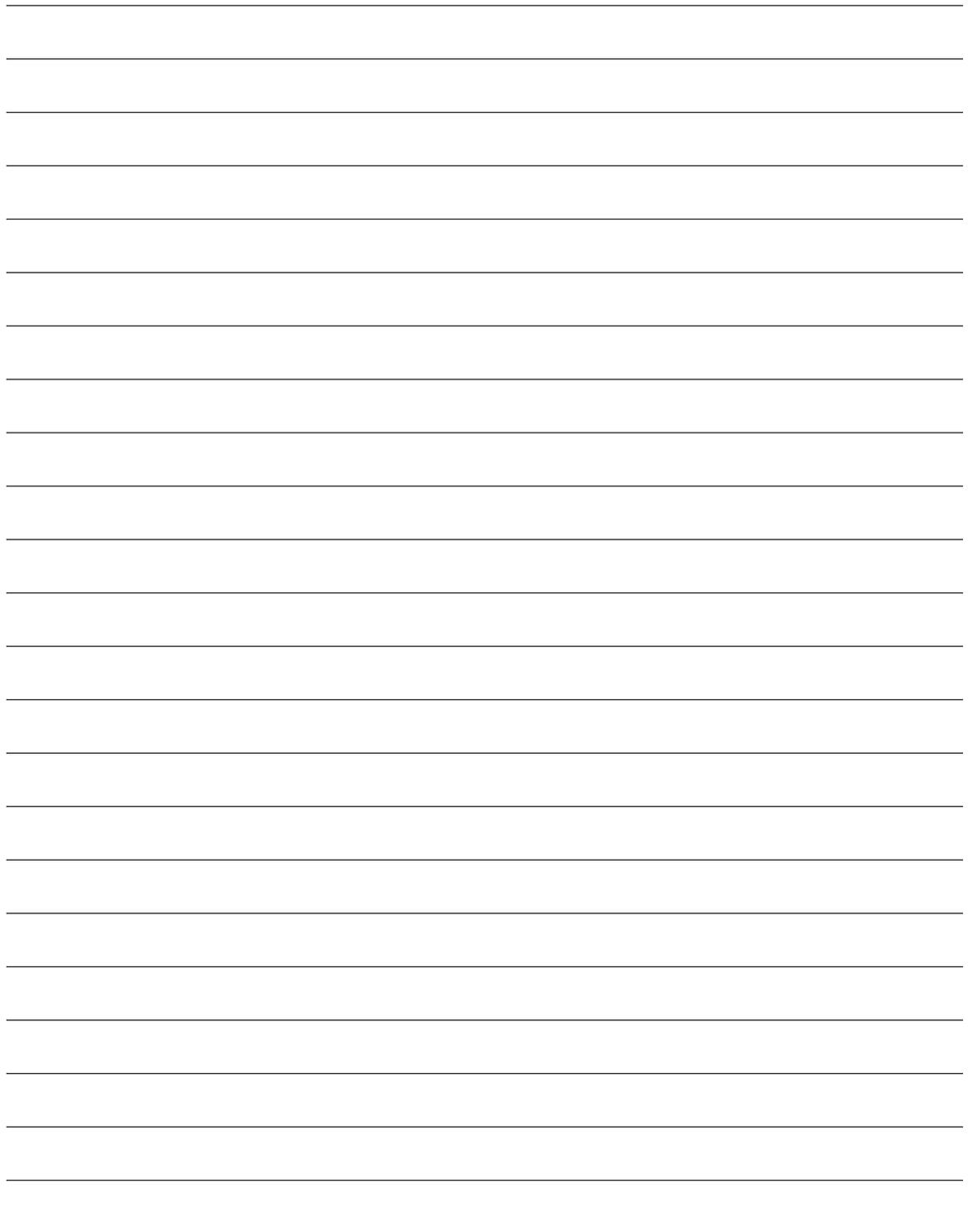




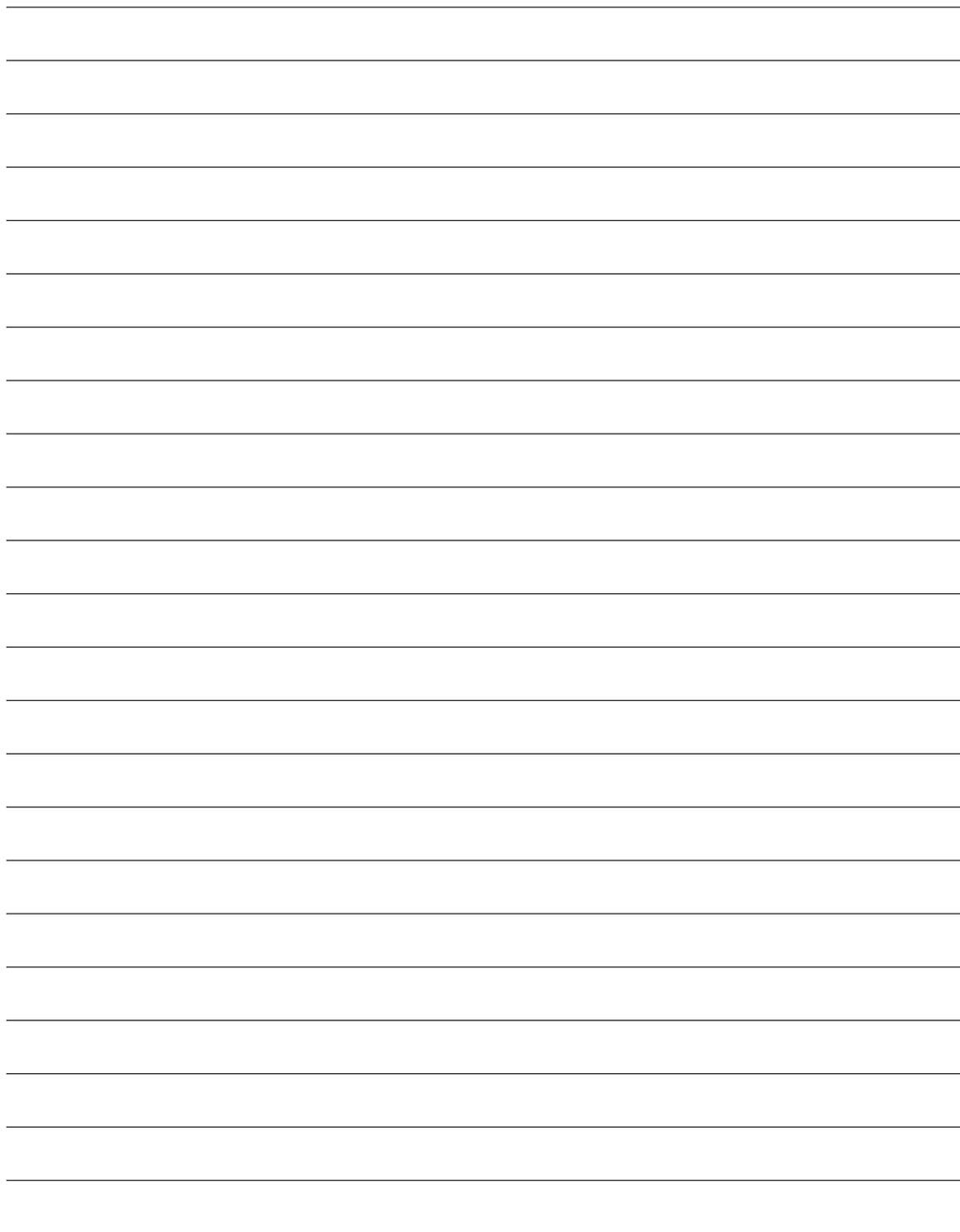




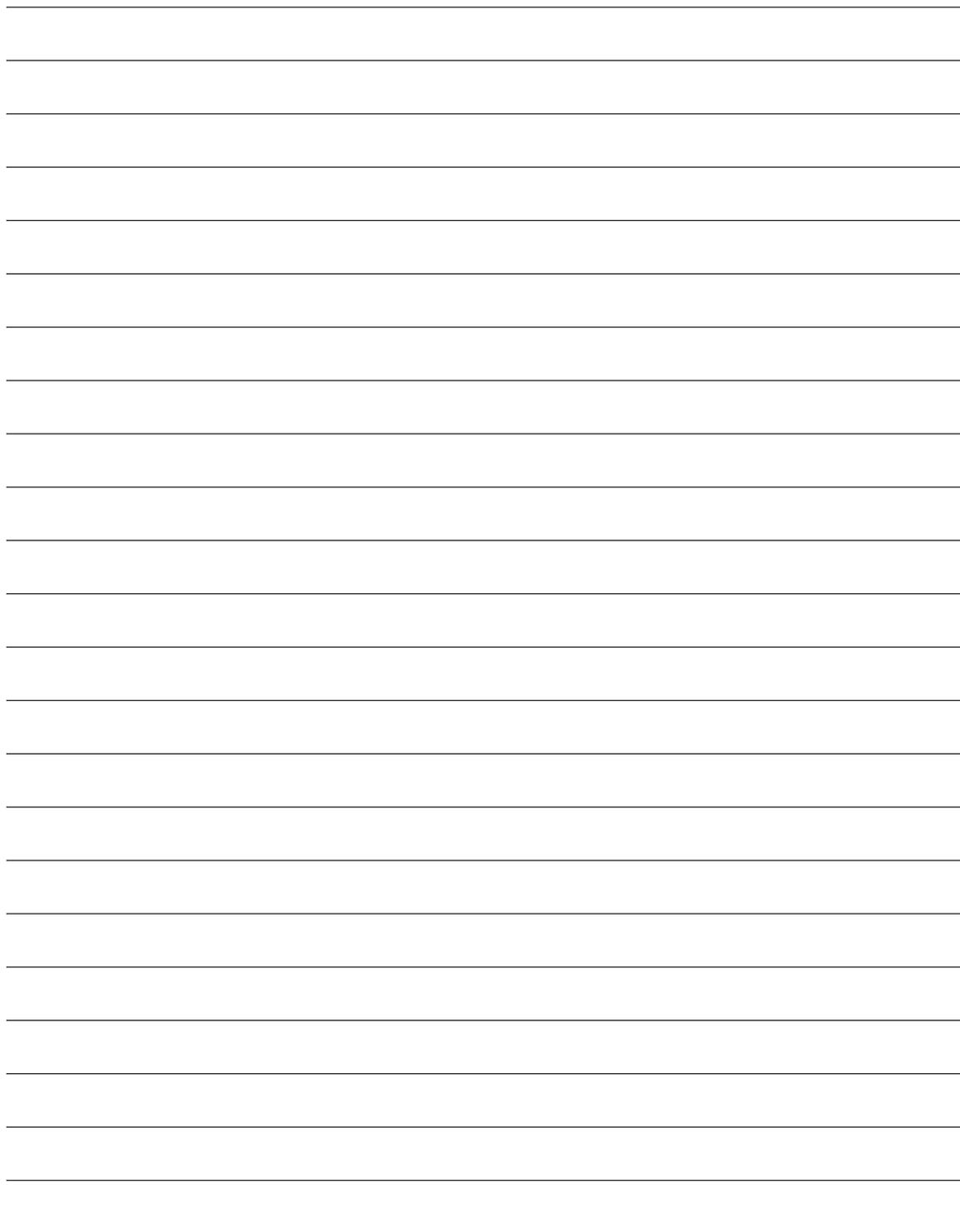








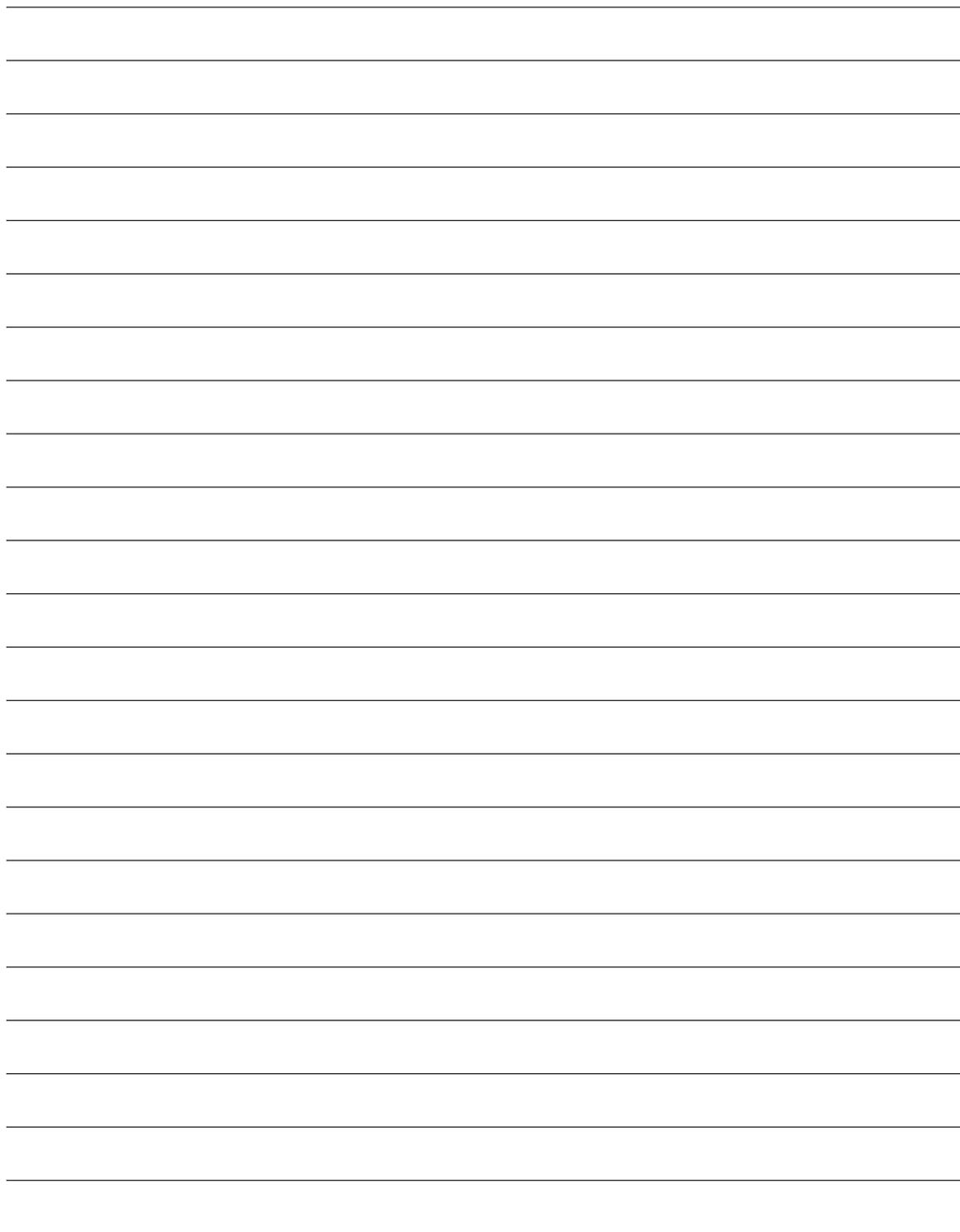




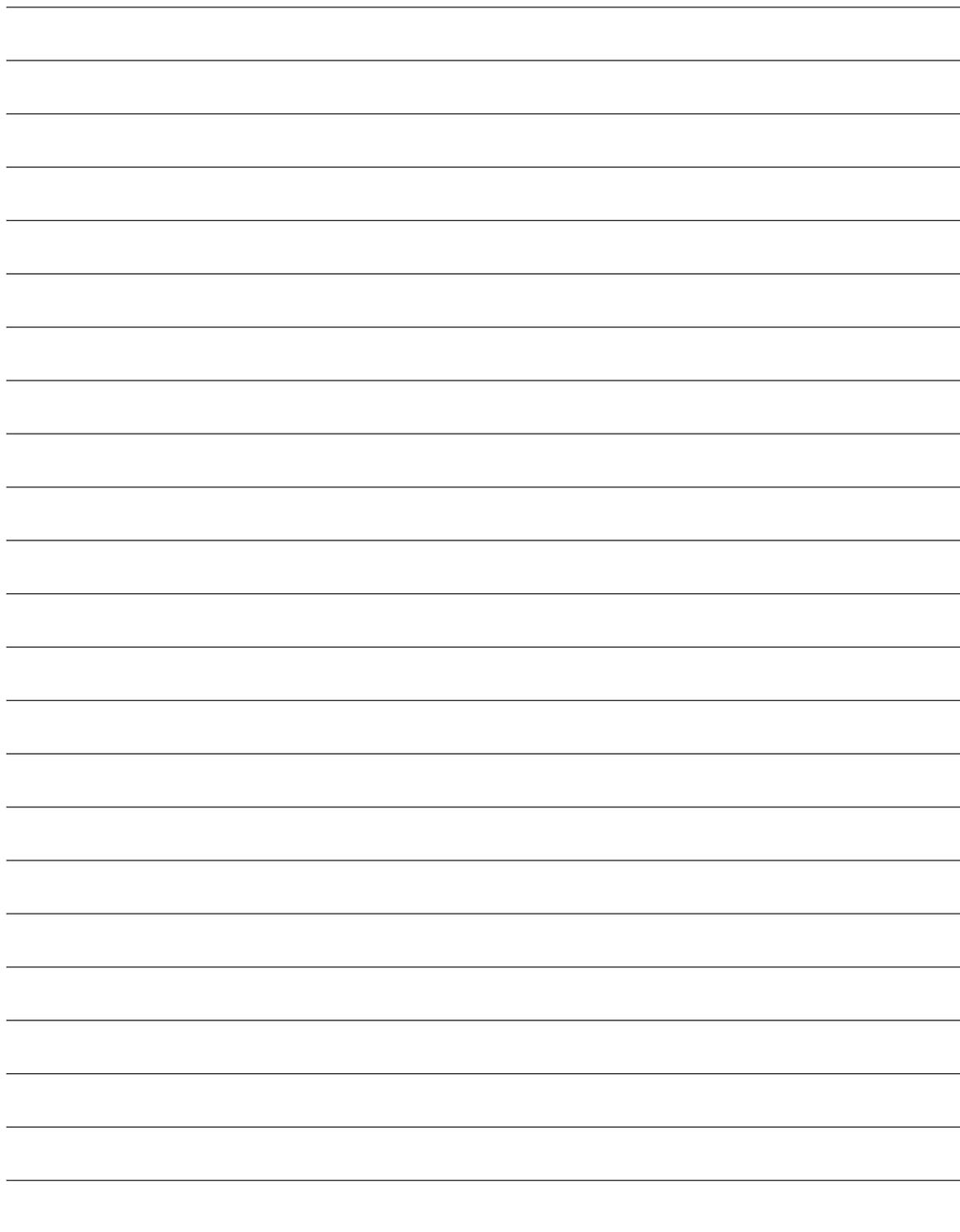




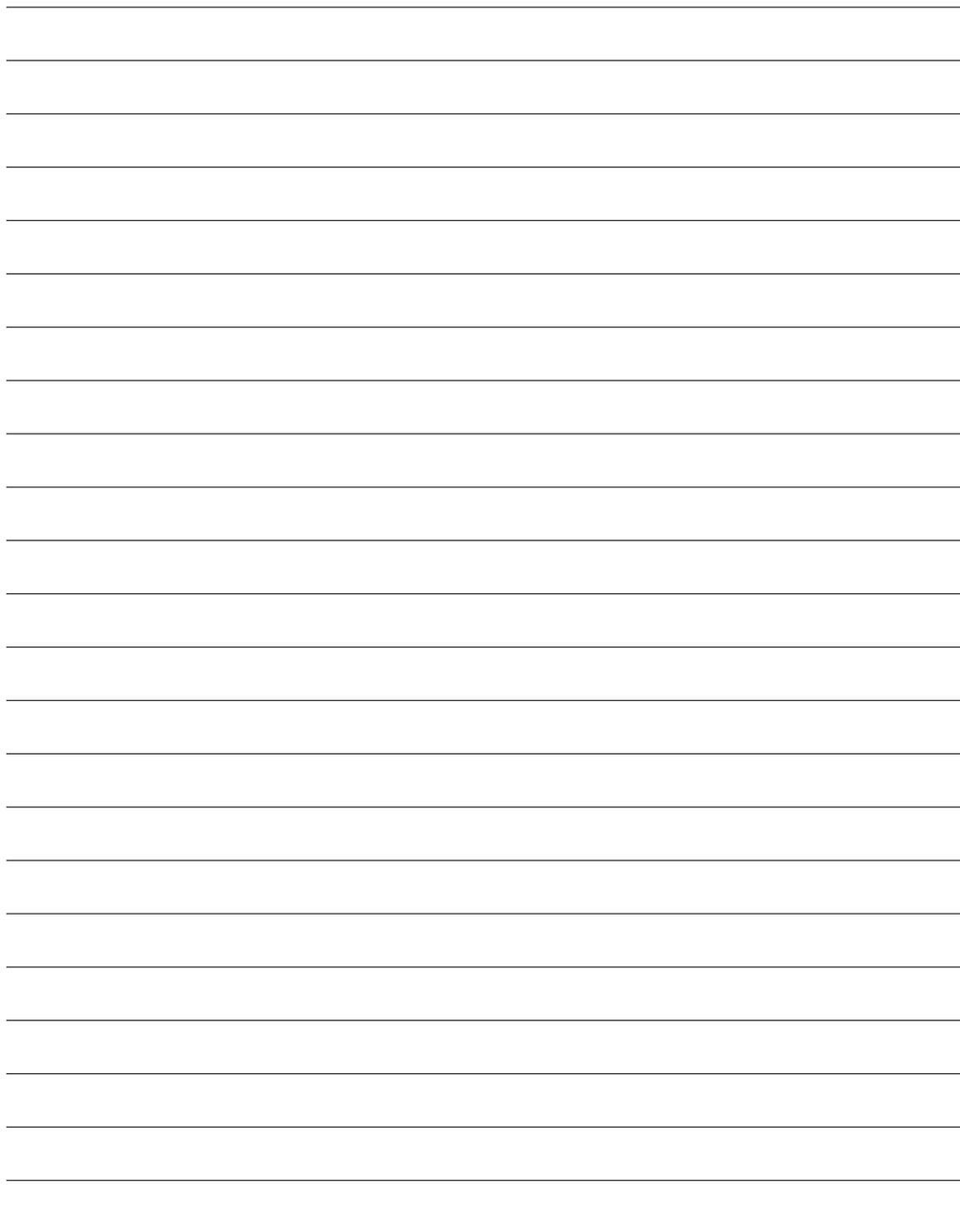




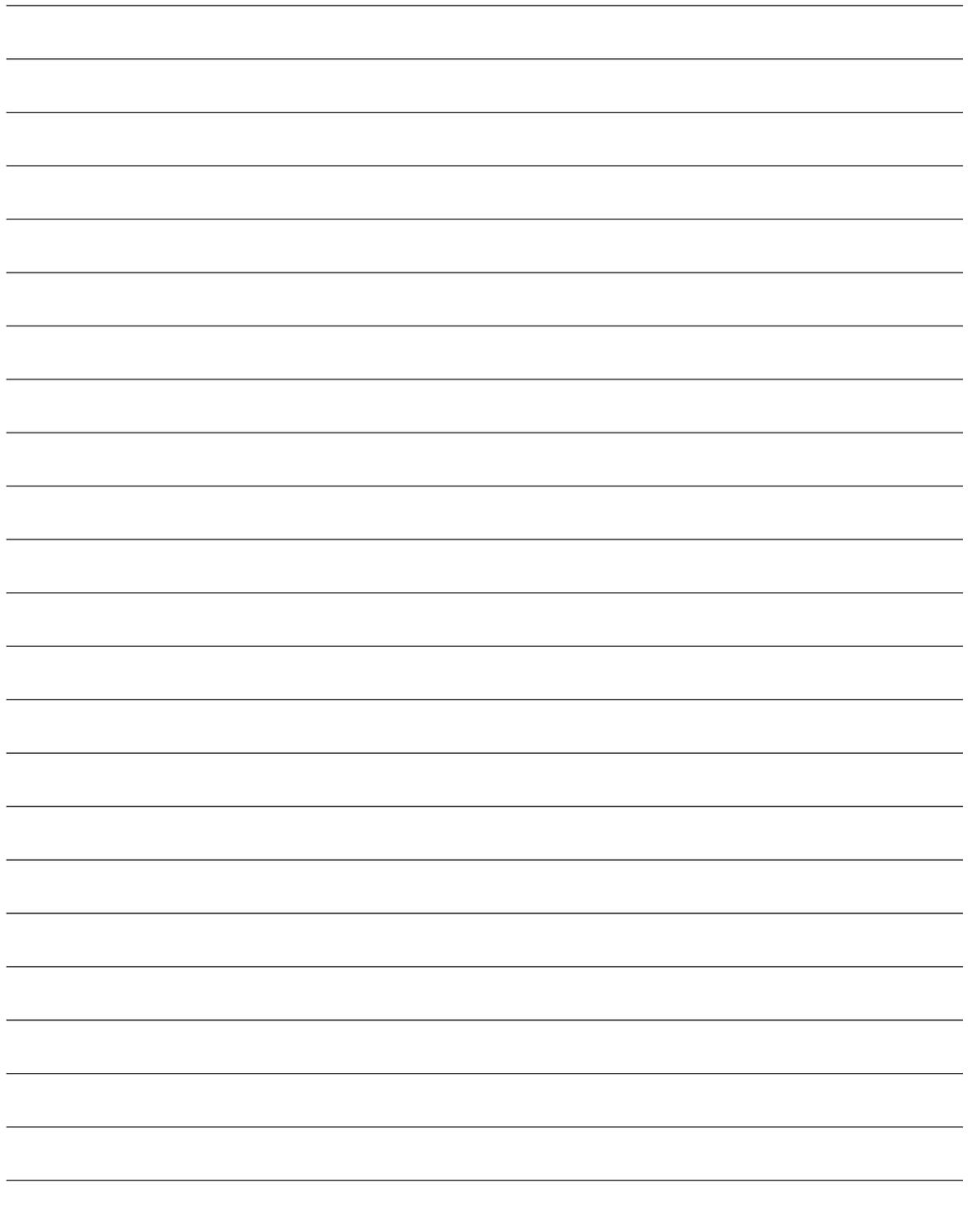




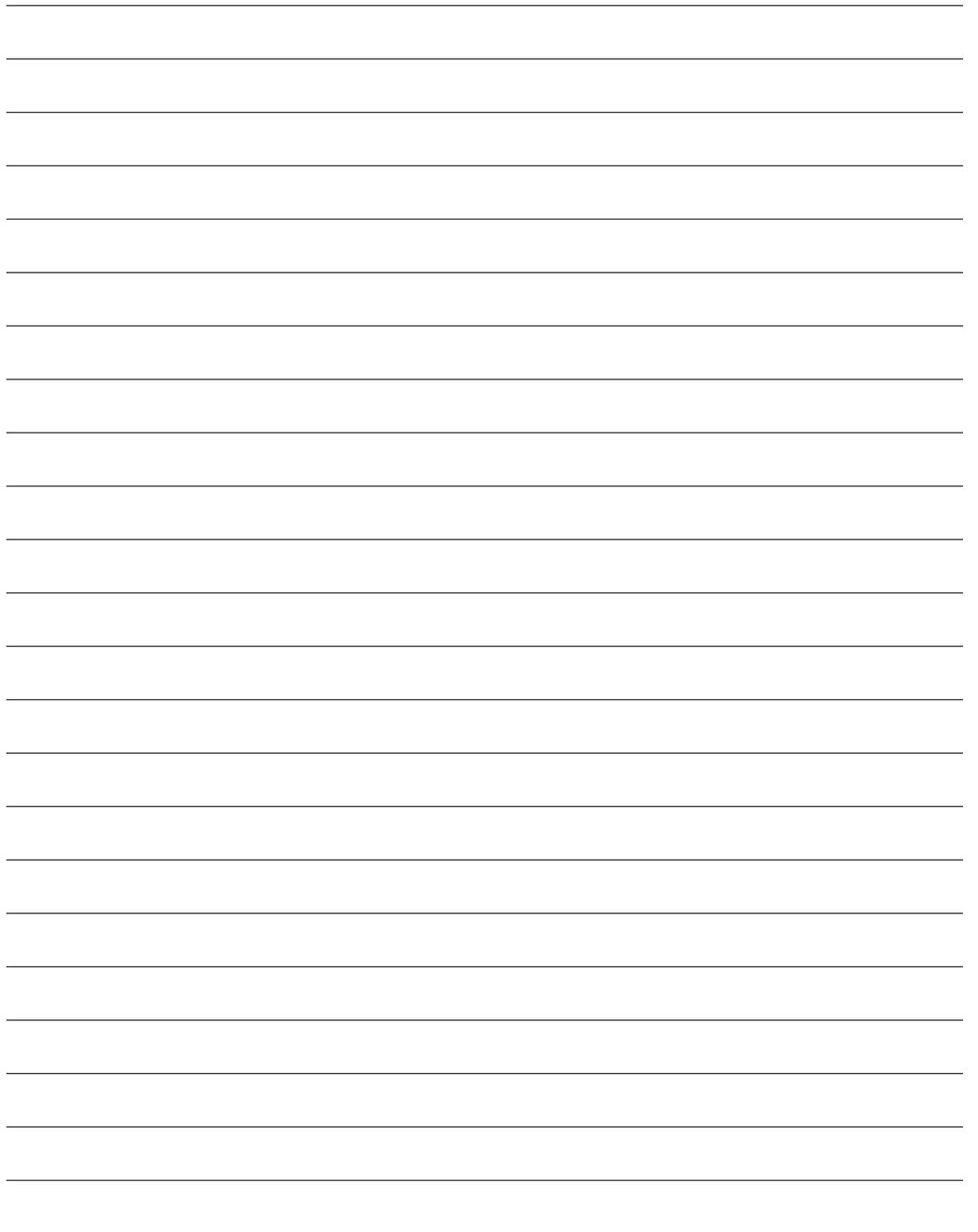




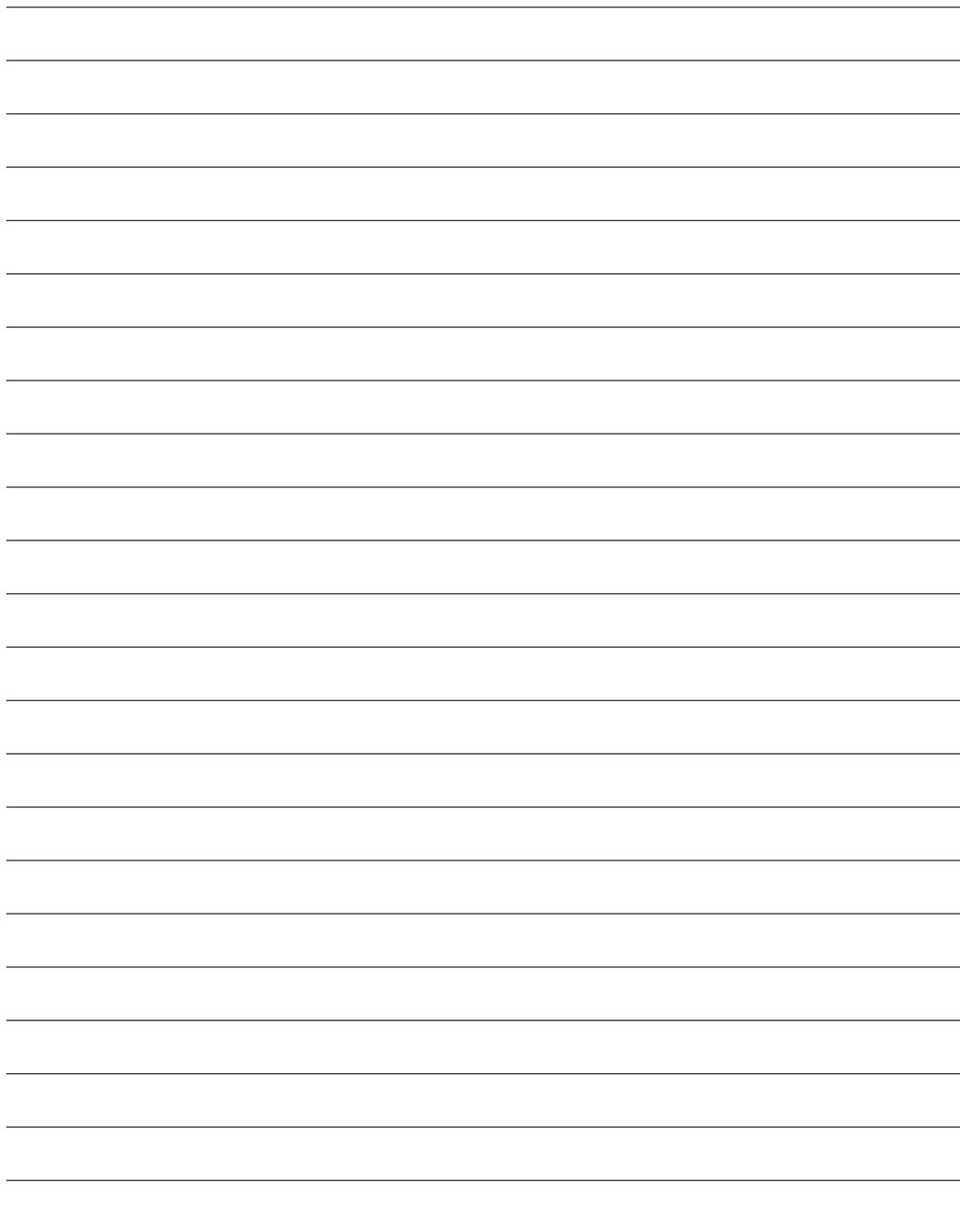






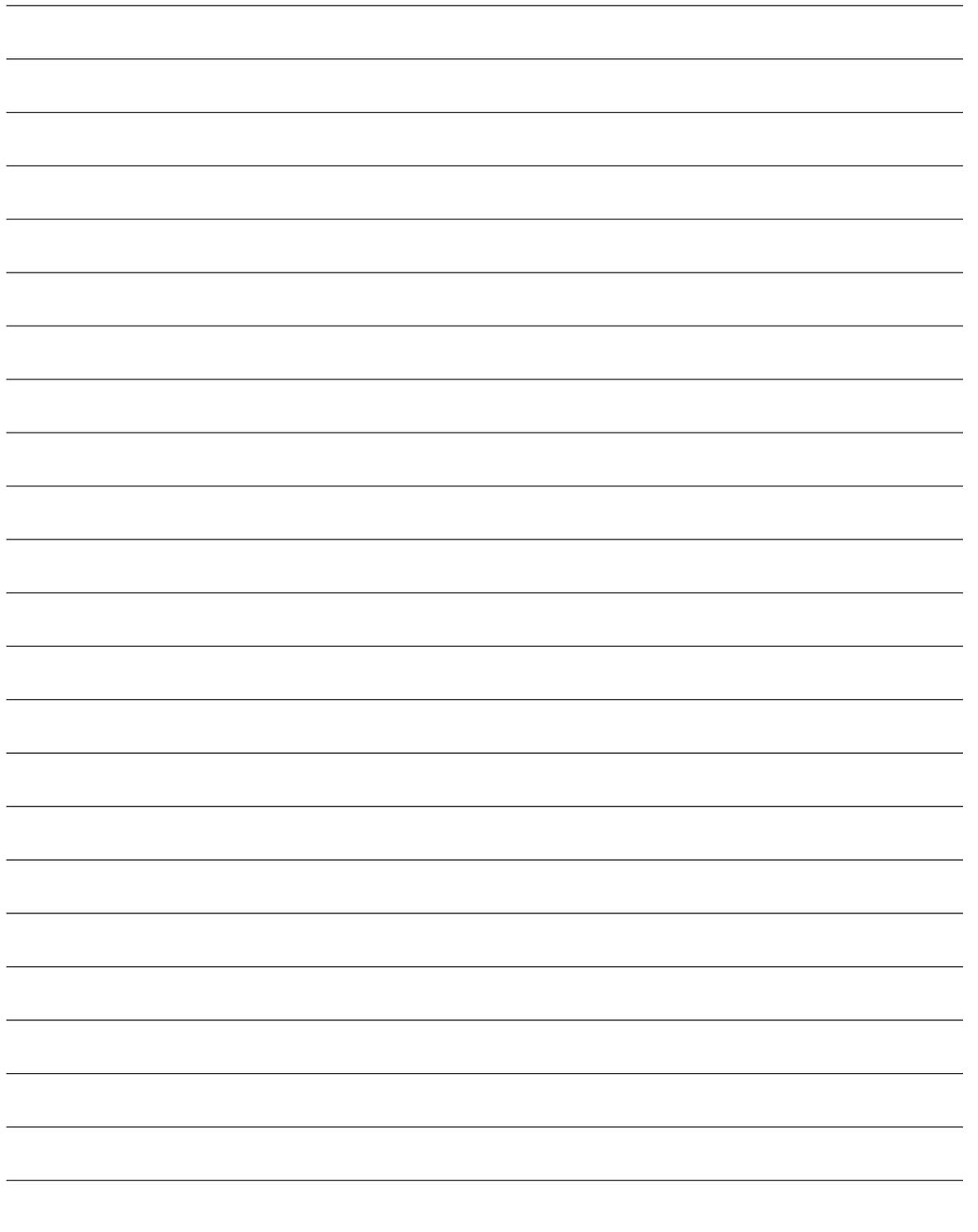




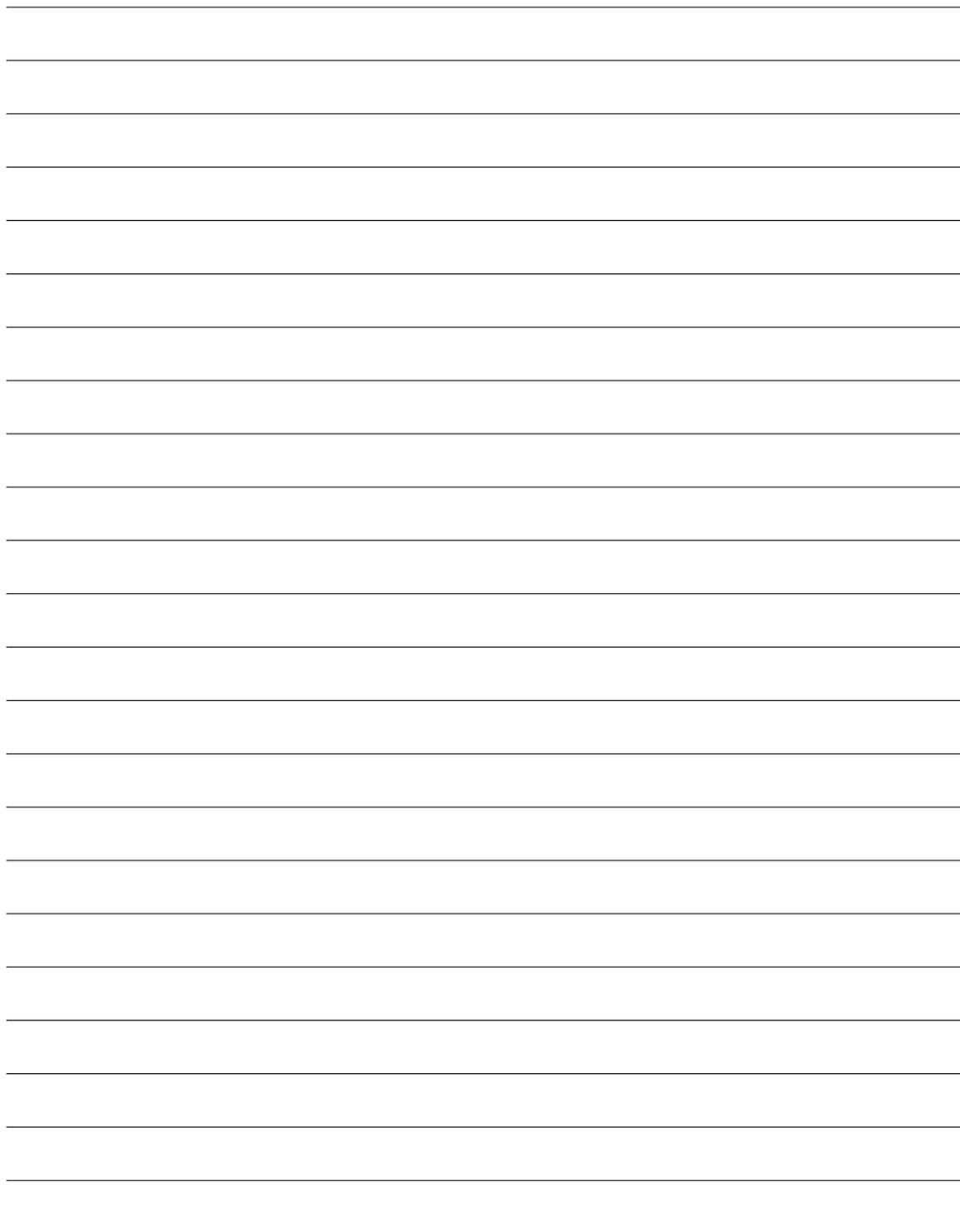


**“There is no greater gift you can give or receive than to honor your calling. It is why you were born and how you become most truly alive.”**

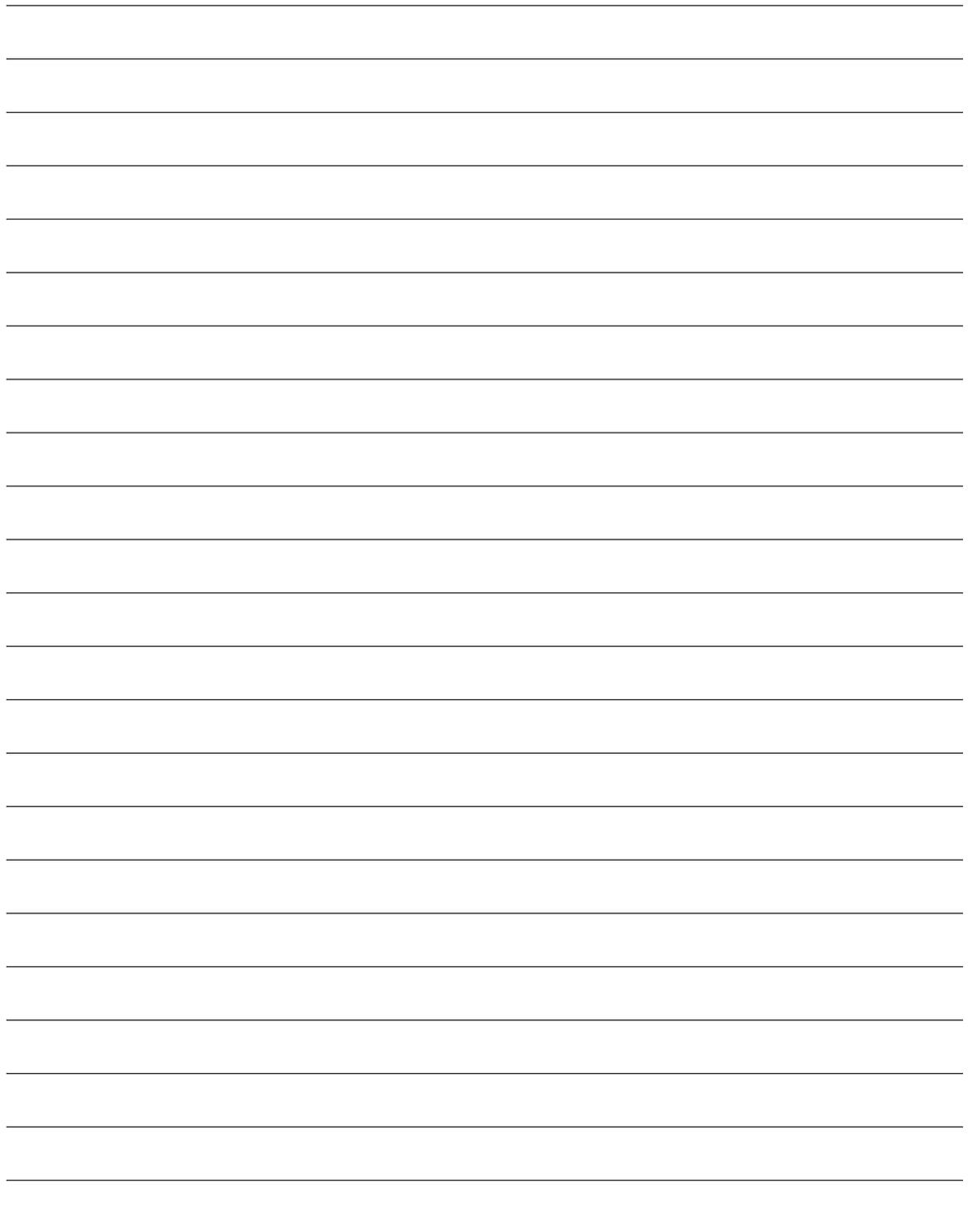
**—Oprah Winfrey**



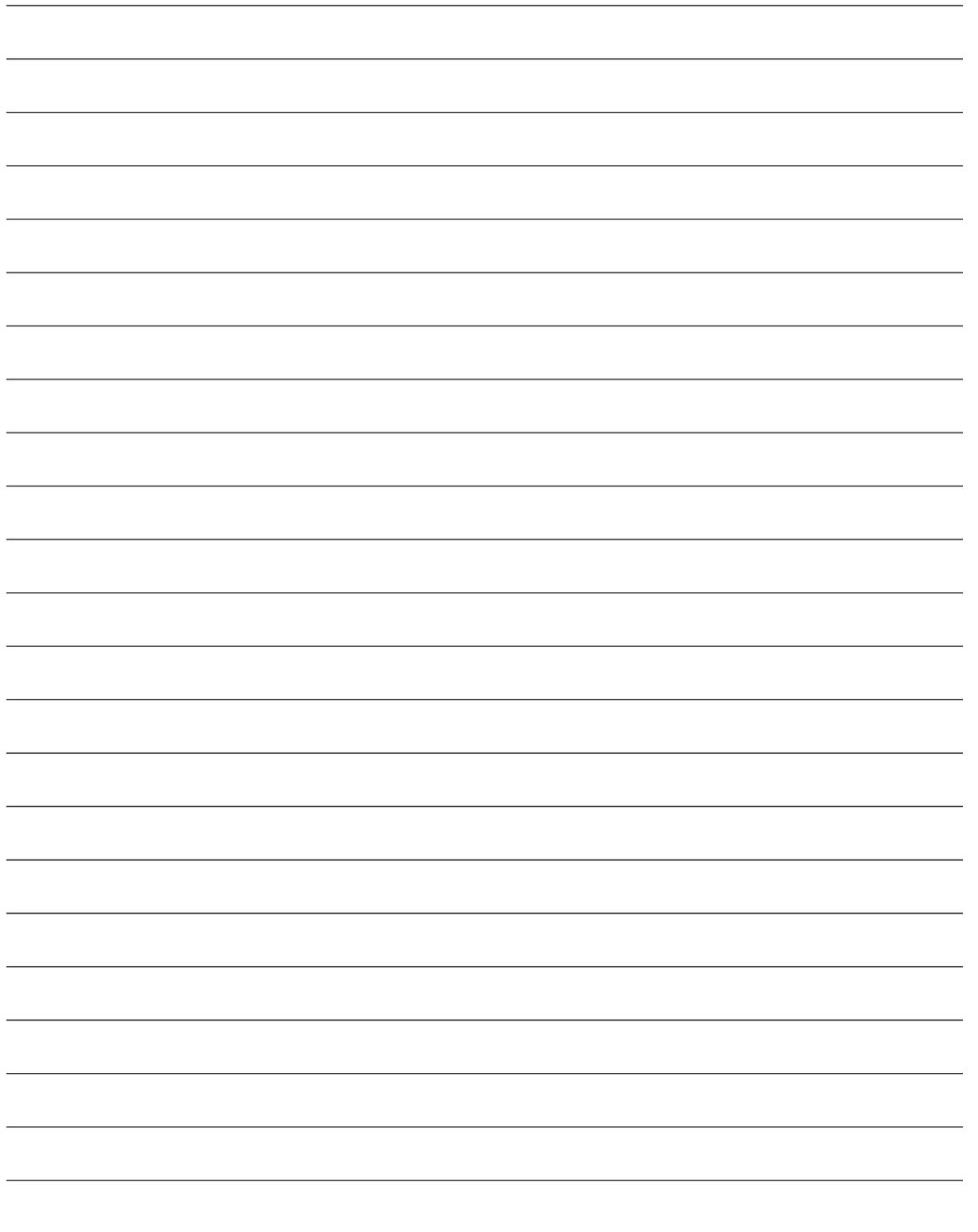




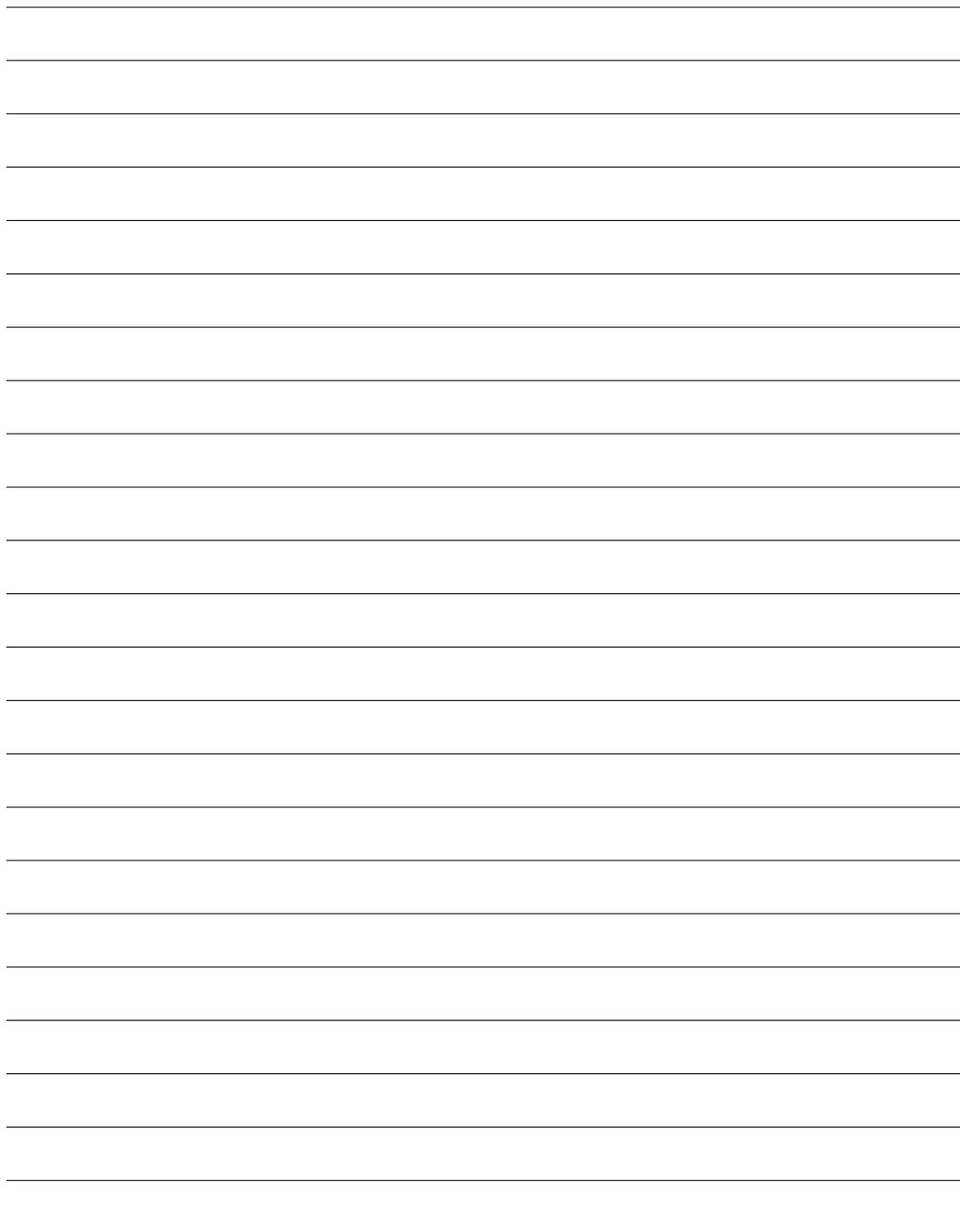




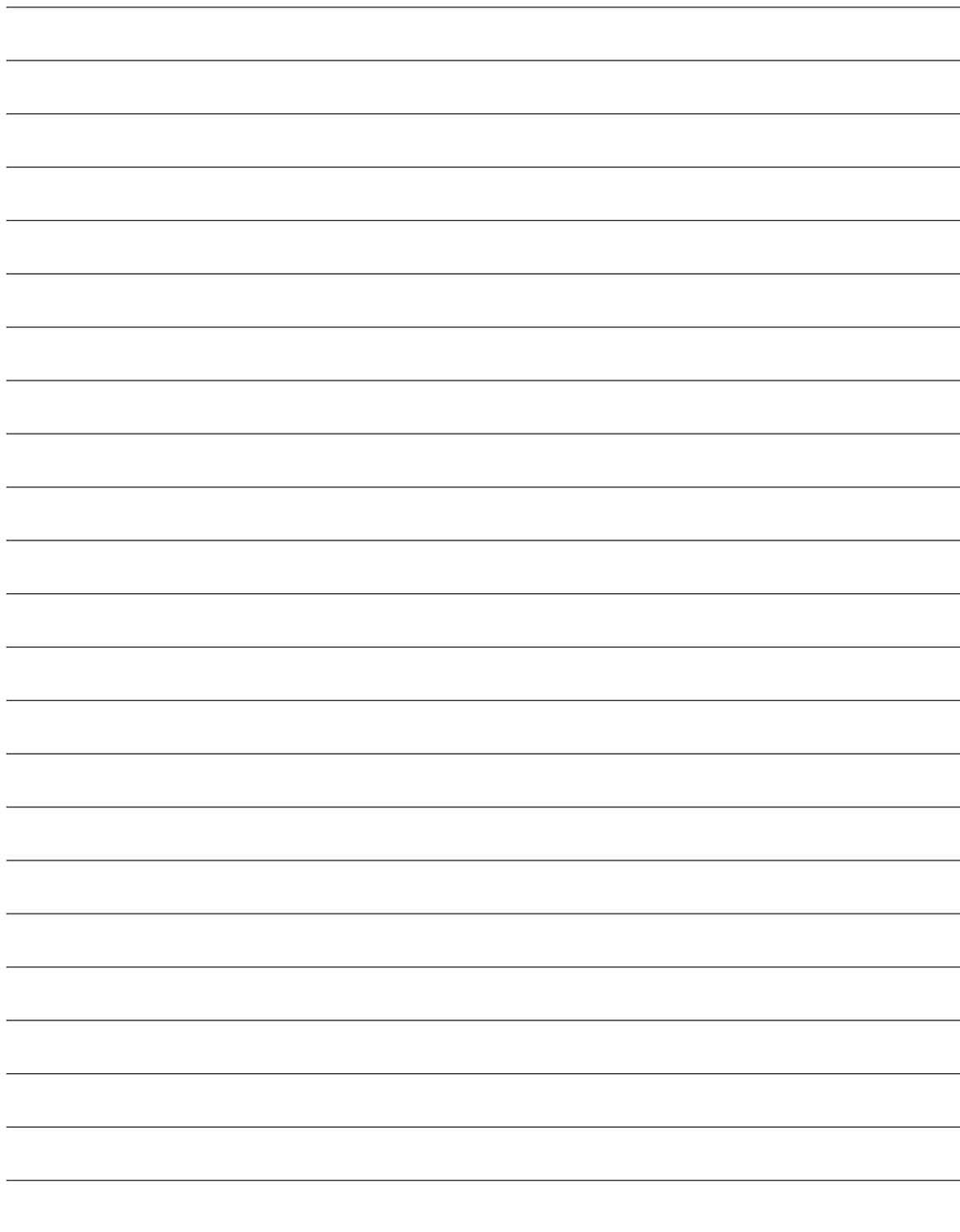
















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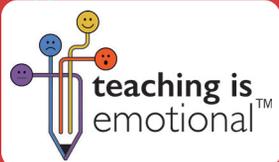
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