

## Have someone observe you



Ask a trusted friend or colleague to observe your work for any biases that you may have.

## Have someone observe you

You may have a preference for a certain student or the tendency to speak highly of art and music as opposed to math.

*This observer can give you feedback to help avoid that in the future.*

## Take inventory of your habits



Do you notice that certain kids begin to grate on your nerves more than others? What about a student whose absence makes you jump for joy?

## Take inventory of your habits

Noticing your habits and how they impact your interactions will help you avoid biases.

*Take note of these habits and be mindful in avoiding them.*

## Set goals and write them down



Set a goal to give that challenging kid a high five every morning. Give the talkative teacher five minutes to chat with you. Engage the parents from a different culture without feeling awkward about it.

## Set goals and write them down

Mark the calendar when you give that challenging kid a high five. Write it down when you chat with the talkative teacher. Keep a log of family correspondence.

*Writing down your goals makes them measurable and trackable. This is a surefire way to create good habits.*