



# Creating your Personal Value Proposition: Analyzing your Calendar

**Suggested Completion Time: 1 hour**

We do SO much on any given day or week, but not all activities we do bring us the same level of energy or even joy. Identifying the activities which energize us is key to developing your Personal Value Proposition.

**1. Pull up your daily or weekly schedule. Look at the classes you teach, meetings you attend, extra curricular activities you take part in (whether they are for fun, or professional development), or projects you're working on.**

Examples of Teacher Activities:

- Teaching (4-8 classes per day)
- Grade Level Meetings and/or departmental meetings
- Professional Learning - attending or even leading PD for others
- Analyzing Data
- Lesson/Curriculum Planning
- Grading
- Parent/Teacher Conferences
- Meeting with your AP/Dean to discuss an observation
- Research - best practices, your content area, etc.
- Graduate School and/or certification classes
- Brainstorming with other teachers on best practices

**2. Rank them - which do you find the most energizing and which do you find more draining? What do you look forward to? What do you sometimes dread?**

**3. What are your observations/reflections about your ranking?**

