

# MirrorTalk challenge objectives

Looking for inspiration for 30 days of reflection with your teachers or your PLN? Here is the original 30-day Reflection Challenge objectives to get you started, designed for use with MirrorTalk and built to take you on a journey towards deeper, more critical thinking.



1. Discuss your goals for the year as a teacher and how they have changed.
2. Let's talk about your top strength as a teacher.
3. Let's think about your best moments from this past week.
4. Let's explore what recharges you mentally and emotionally.
5. Let's think about how your past experiences have shaped your current teaching style.
6. Let's talk about your teaching philosophy and how it shapes your daily practice.
7. Reflect on how challenges have helped you build resilience and then consider how you embrace change and adapt to new circumstances.
8. Analyze how your values align with your teaching philosophy.
9. Let's discuss how your commitment to daily reflection has evolved since starting this challenge. What have you discovered about your own reflection habits? How do you feel your reflections are impacting your daily decisions or mindset so far?
10. Let's talk about an activity that makes you lose track of time.
11. This reflection should help you think about all the things you enjoy by imagining you're designing a festival celebrating them. This should help you connect your hobbies and interests and discover why they reflect who you are as a person.
12. Let's reflect on the role of collaboration in enhancing your practice. Collaboration can be with colleagues and also with students.
13. Analyze a time when collaboration with a colleague led to innovation in the classroom.
14. Let's explore how the power of reflection is amplified when meaningful conversation is part of the

15. Examine the role of conversations in building trust with students and how this communication fosters a safe learning environment.
16. Let's talk about how vulnerability in conversations can create deeper trust and mutual respect. This can be in conversations with coworkers or with your students.
17. Let's think about what systems in your classroom tend to get stronger as the year proceeds and what systems tend to get weaker. Then, consider what separates those two groups.
18. Consider your idea of the ideal learning environment and what it reveals about you as a teacher.
19. Let's talk about the importance of helping students or other teachers celebrate small successes.
20. Let's talk about how celebrating student progress can shift focus from outcomes to the learning journey itself, fostering a growth mindset.
21. Let's think about how creating a sense of autonomy and ownership can inspire intrinsic motivation in your students.
22. Reflect on lessons or units that impacted students most and the reasons for their impact.
23. Let's think about how the integration of digital tools can expand the ways you foster creativity and problem-solving skills in students. Reflect on the relevance of new technologies in recent years.
24. Consider how technology has transformed your role as an educator in a modern, digital classroom.
25. Reflect on the role of reflection in personal life and in the classroom, considering its impact as a foundational practice.
26. Develop a comprehensive vision for your growth as an educator over the next year, considering how you will refine your teaching methods, deepen your subject knowledge, foster stronger relationships with students and colleagues, and integrate new tools or strategies to meet evolving classroom challenges.
27. Reflect on the legacy you want to leave with your students, considering how your teaching methods, classroom environment, and personal interactions shape their memories and influence their future growth. Explore how you hope they will remember not just the lessons you taught but the way you inspired them, challenged them, and supported their development both academically and personally.
28. Reflect on the strategies you use to assess and measure student progress, considering both qualitative and quantitative methods. Evaluate how these approaches track academic achievement, skills development, and student growth over time, and how you adapt them to meet individual needs.
29. Reflect on how you can integrate regular reflection into your teaching practice, considering how it can inform lesson planning, student relationships, and professional growth. Explore how consistent reflection helps you recognize areas for improvement, celebrate small wins, and adapt to the evolving needs of your students. Consider how MirrorTalk can support personal and pedagogical transformation by offering insights that enhance your reflective process.
30. Reflect on the key insights and personal growth you've gained from this challenge, considering how these takeaways will shape your future goals as an educator. Explore how the reflections you've made throughout the process can influence your teaching strategies, relationships with students, and professional development. Consider how these lessons can inspire long-term change in your approach to education.