

# 12 Steps for Educators

**Step 1:** We admitted we were powerless over the elements of education that we could not control.

**Step 2:** We came to believe that the positive powers in our lives could help restore us to sanity.

**Step 3:** We dedicated ourselves to continuous contact with these positive influences on a regular basis.

**Step 4:** We took a fearless and exhaustive inventory of our daily routines as an educator and identified what is in our control and what is not.

**Step 5:** We admitted our shortcomings to another human being who can support us on this journey.

**Step 6:** We are entirely ready to do the work to change what we can control and let go of what we cannot.

**Step 7:** We humbly admit that no matter how hard we work in this profession, we will always have shortcomings.

**Step 8:** We made a list of people, including students, administrators, parents, family members, and other educators, that we may have harmed in our quest to control everything.

**Step 9:** We work to repair relationships with as many people on that list as possible.

**Step 10:** We continue to take personal inventory proceeding fiercely to help change what we are able and let go of what we are not.

**Step 11:** We seek constant improvement through connection with our positive forces.

**Step 12:** We carry this message to other educators and practice these principles in every classroom we enter.