Prep Path

Your brain never fully logged off. Ideas keep surfacing. That's not a problem — that's a signal. Channel it, and give yourself the gift of walking into August ahead of the curve.

1. Do an honest reflection audit first. Before building anything new, sit with what worked and what didn't. Write it down. Let that shape everything that follows.

2. Tackle one big organizational project. A filing system, a unit map, a classroom layout redesign. Make sure you finish it completely before starting another.

3. Build your first two weeks of school. Two weeks of plans, and that's it. Then close the laptop. Future-you will send back gratitude in September.

4. Invest in one new resource or system. A planner, a template library, a new approach to a unit you've always wanted to redesign. One focused investment, not a shopping spree.

5. Set a clear prep-to-rest ratio. Two hours of prep earns you a full afternoon off. Prep without rest is just a slower version of burnout.