Heart: Truth, not technique, is what empowers the heart (Palmer). What personal gifts do you bring that you can specifically relate to your students, parents, and community members? How, when, and where do you see those gifts interacting with your curriculum. This is infusion at its best. In addition, when you feel your gifts begin to “frazzle” from fatigue, how do you find your center?

HEART: Sense of self; sense of others; vulnerability; connection to self, students, colleagues, the community, parents, and the world outside of the community. Ability to see the world through the eyes of students, and willingness to connect with students, based upon their experiences, opinions, lives, commonalities, and differences.

“We lose heart, in part, because teaching is a daily exercise in vulnerability.” However, “No matter how technical or abstract my subject may be, the things I teach are things I care about—and what I care about defines my self-hood” (Palmer).