

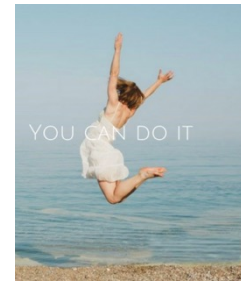


ASPIRATIONS

Read Aesop's Fable about The Ant and Grasshopper, which illustrates the value of putting off immediate gratification to prepare for the future. How does this apply to your professional life?

ASPIRATIONS

Break down a big goal into bite-size, manageable chunks.



ASPIRATIONS

Create a specific goal for yourself that can be achieved today.

ASPIRATIONS

What is one thing you've done this week that interfered with your aspirations?
What would you do with a do-over?

ASPIRATIONS

"Follow your passion, be prepared to work hard and sacrifice, and, above all, don't let anyone limit your dreams."

- Donovan Bailey
Jamaican-Canadian Sprinter

ASPIRATIONS

The Great Wall of China started with one brick.

The Great Pyramid started with one stone.

Big dreams start with small steps.



ASPIRATIONS

How are your professional aspirations? What excites you about these dreams?

ASPIRATIONS

How do you celebrate when you achieve one of your goals?



ASPIRATIONS

How do you prefer to be recognized?
(You can't say not recognized at all 😊).

ASPIRATIONS

“Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.”

– Louisa May Alcott
American Novelist

ASPIRATIONS

Post your professional hopes and dreams in the classroom for everyone to see.

ASPIRATIONS

Reading 20 pages per day = 30 books per year.
Never underestimate the power of small habits.
What is one habit you would like to cultivate?



ASPIRATIONS

"Aspirations is the ability to dream and set goals for the future while being inspired in the present to reach those dreams."

– Dr. Russ Quaglia
Pioneer in the Field
of Education

ASPIRATIONS

Share with your students a goal you set and accomplished that you are proud of.



ASPIRATIONS

Take time to reflect on your most significant professional accomplishments.

ASPIRATIONS

Take two minutes to look outside the window. What do you notice that you don't normally see?

ASPIRATIONS

Whoever said you have to go it alone never played a team sport. We all need others to help us reach our goals in life. Ask others to participate in your dream.

– Cheryl Karpen
Author

ASPIRATIONS

What is one action you can take today to support your professional aspirations?



PASSIONS

“When you have balance in your life, work becomes an entirely different experience. There is a passion that moves you to a whole new level of fulfillment and gratitude, and that’s when you can do your best... for yourself and for others.”

- Cara Delevingne
Model & Actress

PASSIONS

How can you make your passions contagious to others?



PASSIONS

Create opportunities to connect your passions with your professional life using a mindful approach.

PASSIONS

Matilda, by Roald Dahl, is the poster child for passion purpose, and perseverance.

She is not defined by the circumstances she is born into but is completely and utterly her own person. She finds her way into the person she is supposed to be.

How have you leveraged your passions to find success in life?

PASSIONS

Describe a picture of yourself doing something you are passionate about.



PASSIONS

“Follow your passion, be prepared to work hard and sacrifice, and, above all, don’t let anyone limit your dreams.”

- Donovan Bailey
Jamaican-Canadian Sprinter



PASSIONS

Each day is a new opportunity.
Choose wisely.
What makes you feel alive?

PASSIONS

Explore your world with curiosity and wonder:
delight in the not knowing and learning new things.

PASSIONS

Intentionally commit time to activities you feel passionate about, whether it's painting, playing music, dancing, writing, or anything else that brings you joy.

PASSIONS

Learn the passions and interests of your colleagues and students.

PASSIONS

Reflect on activities you do where you lose track of time.
How can you apply these passions to your professional life?

PASSIONS

What is a passion you once had but have lost touch with, that you could rekindle?



PASSIONS

“You can do anything as long as you have the passion, the drive, the focus, and the support.”

**– Sabrina Bryan
American Actress &
Singer**

PASSIONS

Share your passions with family, friends, or through social platforms. Expressing and sharing your enthusiasm can be fulfilling and may also inspire others.

PASSIONS

Walking 10,000 steps per day = running 70 marathons per year.

What daily steps can you take to grow your passions over time?

PASSIONS

What is your response?



PASSIONS

Share your passions with your students, and ask about their passions.

PASSIONS

What are some small things you feel passionate about in life?



TALENTS

“I am an ordinary man who worked hard to develop the talent I was given. I believed in myself, and I believe in the goodness of others.”

– Muhammad Ali
Professional Boxer &
Social Activist

TALENTS

“Everybody has talent, it's just a matter of moving around until you've discovered what it is.”

– George Lucas
American Filmmaker &
Philanthropist

TALENTS

“When I was just a girl in Sydney, no one thought, 'Oh, she's going to be a movie star.' No one. I had to get by with actual skill and talent.”

– Rebel Wilson
Australian Actress &
Comedian

TALENTS

A baker & a painter, each gifted in their own way, initially scoffed at the other's skills, believing their own were superior. But when a grand feast required both baked goods & painted decorations, they realized the value of each other's talents & worked together, creating a truly magnificent celebration.

TALENTS

Look for opportunities to identify talents in others. Encourage them to cultivate and share those gifts.

TALENTS

Reflect on your innate talents and how you are using these gifts to make a difference.



TALENTS

Michael Jordan was cut from his high school team. Persistence and determination helped him develop his talents. He played 15 seasons in the NBA and won six NBA championships.

TALENTS

Multitasking introduces distractions. Focus completely on giving your full effort to a single task or activity.

TALENTS

Reflect on your unique talents and strengths, including how they manifest in your thoughts, emotions, and behaviors.

TALENTS

View your talents and strengths as tools that you can use to express yourself.

TALENTS

Pay attention to your talent usage without criticism, simply notice how your strengths are being applied in the present moment.

TALENTS

When engaging in a new task, consciously check in with yourself to see if you are utilizing your key strengths.



TALENTS

Make someone smile. Share flowers from your garden, baked goods from your kitchen, a kind word or compliment, etc.



TALENTS

Look for opportunities to connect with others who share your talents. What can you do together to grow and share your gifts?



TALENTS

What actions can you take to continue growing your natural talents?



TALENTS

Visualize your talents in action. How can you use them to help others?



TALENTS

Embrace challenges. When facing a difficult task, deliberately look for ways to apply your strengths to navigate the situation more effectively.

TALENTS

Make a list of your talents. What new skill would you like to develop?



VALUES

“When you are looking to be validated by others, you are living according to their values, not yours.”

– Jay Shetty
Former Monk & Inspirational Speaker

Whose values define you?

VALUES

What are some of the little things you cherish in life?



VALUES

“I have learned that as long as I hold fast to my beliefs and values - and follow my own moral compass - then the only expectations I need to live up to are my own.”

– Michelle Obama
Former First Lady

VALUES

Reflect on how you want to engage with the world, the people around you, and with yourself today.

VALUES

Values are at the root of mindfulness; they guide how we are in the world and what we say and do—and just as importantly, what we don't.

VALUES

Set intentions for yourself based on your values and then:

- visualize
- document
- speak them into existence



PASSIONS

Create your own
quote, saying, or words
of wisdom.

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ASPIRATIONS

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VALUES

Share one of your professional values with a colleague.

VALUES

Think of one specific value you hold as an educator. How can you support that value through your actions today?

VALUES

Incorporate the STOP practice into your day:

- Stop what you're doing
- Take a few deep breaths
- Open your heart and mind
- Proceed with intention

VALUES

Read Aesop's Fable about The Tortoise and the Hare, which says slow and steady wins the race. It demonstrates the value of perseverance.

VALUES

Describe a picture of yourself doing something you are passionate about.



VALUES

“Follow your passion, be prepared to work hard and sacrifice, and, above all, don't let anyone limit your dreams.”

- Donovan Bailey
Jamaican-Canadian Sprinter



VALUES

Remember, your unique perspective brings value that no one else can provide.

VALUES

What values do your students demonstrate? What universal values can you encourage them to think about?

VALUES

How do you value your body and all the things you ask it to do for you?



VALUES

Describe and picture your values in action.



VALUES

What values does your family share?



VALUES

Remember, your contributions matter to the overall success of projects.