

PURPOSEFUL



MINDFULNESS

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

ASPIRATIONS



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

ASPIRATIONS



Take time to reflect on your most significant professional accomplishments.

ASPIRATIONS



The Great Wall of China started with one brick. The Great Pyramid started with one stone. Big dreams start with small steps.

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



"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

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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



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



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

ASPIRATIONS



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

ASPIRATIONS



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

ASPIRATIONS



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

ASPIRATIONS

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What skills are you developing to help you achieve your aspirations?

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

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

ASPIRATIONS



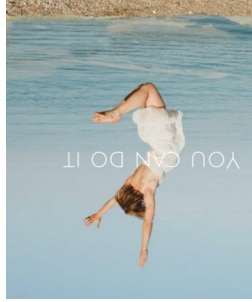
How do you celebrate when you achieve one of your goals?

ASPIRATIONS



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

ASPIRATIONS



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

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

PASSIONS

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

PASSIONS

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

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

“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

“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

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PASSIONS

Learn the
passions and
interests of your
colleagues and
students.



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

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



PASSIONS

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



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

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

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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

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



How can you make
your passions
contagious to others?

PASSIONS

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

PASSIONS



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

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

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

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

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

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

“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

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

TALENTS

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

TALENTS

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

TALENTS

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

TALENTS

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

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

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MINDFULNESS

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

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



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

TALENTS

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

TALENTS



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

TALENTS

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VALUES

Set intentions for yourself based on your values and then:

- visualize
- document
- speak them into existence



VALUES

Share one of your professional values with a colleague.



VALUES

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



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

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

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.



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VALUES

**“The decisions you make are a choice of values that reflect your life in every way.”
– Alice Waters**

Farm to Table Pioneer & Chef



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

**“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

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



VALUES

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



VALUES

As you enter the school building each morning remind yourself of why you became an educator. Use that value to ground you when the day becomes challenging or frustrating.



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VALUES

What values does your family share?



VALUES

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



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

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



VALUES

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



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

TALENTS



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saying, or words
of wisdom.

TALENTS



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TALENTS



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ASPIRATIONS



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