

Monday Motivation is a slogan used by SACCP - ACU to post positive/motivational/inspirational messages to its stakeholders on various social media sites on Monday morning to help everyone overcome the so-called "Monday Blues." These posts include positive quotes and inspiring sentiments. The post also attempts to encourage everyone to be more productive, with users using it to motivate others to get out of bed on Monday mornings. This tradition began at SACCP an year back and shall continue forever.

'Mon' is French for 'Mine', so Monday is Mine for the Taking!

People are psychologically prompted to become more motivated in the pursuit of their goals when they are reminded of a day or time that represents a new beginning. New Year's Day, the changing of seasons, the start of a new month, and, yes, a Monday are all examples of temporal landmarks.

Monday Belongs to the Go-Getters

Successful people, according to Business Insider, begin their Mondays with a good night's sleep, an early start, proper nutrition, and a happy mindset. This is what distinguishes transformational leaders from their counterparts and allows them to improve throughout the week.

The Toughest Contender You'll Face is Yourself

People have a tendency to be their own worst enemies. It's easy to get distracted by what others are doing and lose sight of what's important to us." The person in question is you. But it doesn't matter because there will always be someone who is bigger than you, stronger than you, and quicker than you are. You have to show up and do your best.

Vincit Qui Se Vincit

It's time to put aside your hate for Monday and adopt a more positive outlook. Consider stepping out of your comfort zone, digging deep, and feeling the pain. Keep in mind the Latin adage "Vincit qui se vincit" (Victory comes from victory).

At SACCP we strongly believe that a positive frame of mind in the Monday morning sets the right tone for the day and help each one dream big and achieve the same.



Monday Motivation - 01

The only person you need to compare yourself with is who you were yesterday.

*Rushon Hurliya



Yesterday



Today



Tomorrow

@jyotiashirwadkar

Monday Motivation 02



INTERNAL self-awareness
 knowing who you are and what you value

TWO TYPES OF SELF-AWARENESS

EXTERNAL self-awareness
 knowing how other people see us

SELF-AWARENESS IS A FOUNDATIONAL SKILL FOR HAPPINESS and SUCCESS IN 21ST CENTURY - TO ENACT and UNEARTH OUR POTENTIAL

BETTER PERFORMERS AT WORK

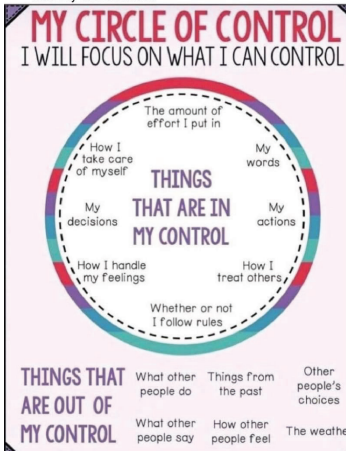
SELF-AWARE FIRST

HAVE MORE SATISFYING RELATIONSHIPS IN PERSONAL LIFE

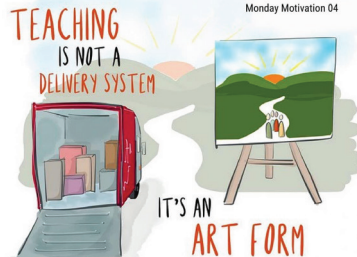
BEING SELF-AWARE NEEDS MINDSET OF COURAGE, OPENNESS, and BRAVERY TO LOOK FOR TRUTH and FACE WHAT WE LEARN ABOUT THE SELF

if you pay attention, life gives you lot of opportunities to improve self-knowledge.


Monday Motivation 03



Monday Motivation 04




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The Inquiry Cycle


@thecyclicide @thefirsthour



Inspired by: Alliance Inquiry Model #InquiryModel


Monday Motivation 05

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Monday Motivation 06

GROWTH HAPPENS WHEN YOU...





- take risks,
- ask questions,
- help others,
- learn from mistakes,
- embrace change,
- are future driven,
- generate positive energy,
- practice reflective thinking,
- get out of your comfort zone,
- feel affirmed and supported,
- and,
- are challenged to grow.

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Monday Motivation 40




12 Benefits of Creativity




"Creativity now is as important in education as literacy and we should treat it with the same status."

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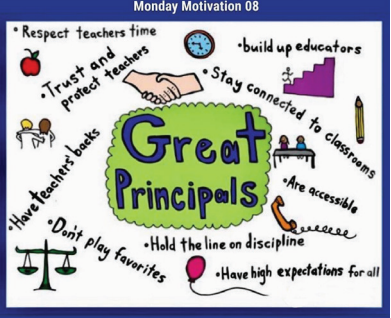
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Monday Motivation 08

Great Principals



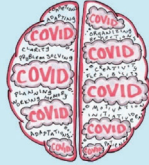


Monday Motivation 09

2019
BRAIN



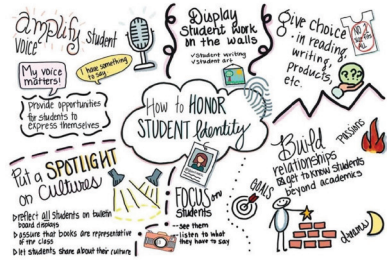
2020
BRAIN



ADJUST ACCORDINGLY....



Monday Motivation 10



Monday Motivation 11



8 FACTORS OF
HAPPINESS



1. LACK OF SUSPICION and RESENTMENT
"bearing a grudge was a major factor in unhappiness."



2. NOT LIVING IN THE PAST
"pre-occupation with past mistakes and failures lead to depression."



3. NOT WASTING TIME & ENERGY FIGHTING THINGS YOU CANNOT CHANGE
"co-operate with life"



4. STAY INVOLVED WITH THE LIVING WORLD
"resist withdrawal & become reclusive during stress"



5. REFUSE TO INDULGE IN SELF-PITY WHEN LIFE HANDS YOU A RAW DEAL
"no one gets through life without some sorrow and misfortune"



6. CULTIVATE OLD FASHIONED VIRTUES
LOVE, COMPASSION, HUMOR, LOYALTY



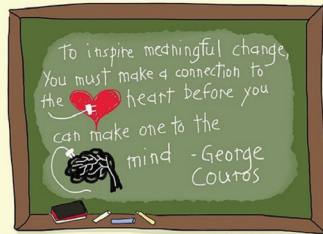
7. DONT EXPECT TOO MUCH FROM YOURSELF
"gap between expectation and ability: feeling of inadequacy"



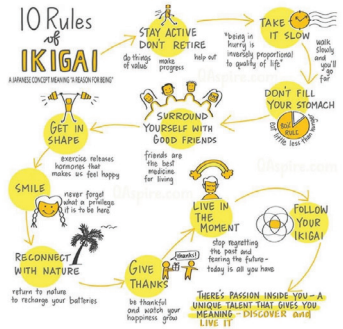
8. FIND SOMETHING BIGGER THAN YOURSELF TO BELIEVE IN
"self centered egotistical people store latent in any test measuring HAPPINESS"



Monday Motivation 12



Monday Motivation 13



Monday Motivation 14

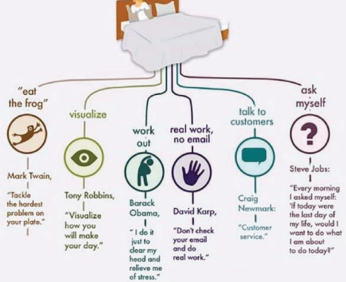
HOW TO GROW FROM CHANGE

- IT'S OKAY TO BE EMOTIONAL**
Have a moment, then prepare to move ahead.
- PREPARE YOURSELF TO BE VULNERABLE**
Open yourself to the truth so you can learn and grow.
- REMEMBER THAT YOU ARE NOT ALONE**
You have a community of peers to grow with.
- ASK FOR HELP**
Empower yourself and others by asking for help.
- YOU CAN ADAPT TO ANYTHING**
If you believe you can change, you can adapt to any challenge.
- PLAN FOR THE FUTURE**
Embrace the possibilities, believing in the visionaries.
- BECOME THE BETTER VERSION OF YOU**
"How can I grow? What can I learn from the opportunity?"

Monday Motivation 15

HOW TO START THE DAY

first thing successful people do in the morning



Monday Motivation 16

- IT'S NOT HOW YOU LOOK, IT'S WHAT YOU SEE**
- I AM NOT AFRAID OF TOMORROW, FOR I HAVE SEEN YESTERDAY AND I LOVE TODAY!**
- ALWAYS TURN A NEGATIVE SITUATION INTO A POSITIVE SITUATION**
- BE NOT AFRAID OF GROWING SLOWLY, BE AFRAID ONLY OF STANDING STILL**
- The BEST WAY OUT IS ALWAYS THROUGH**
- PESSIMISM LEADS TO WEAKNESS, OPTIMISM TO POWER**
- ANYTHING seems POSSIBLE at NIGHT when the rest of the world has GONE TO SLEEP**
- SUCCESS is not FOREVER and FAILURE isn't FATAL**
- YOU ARE WHAT YOU DO, NOT WHAT YOU SAY YOU'LL DO**

HOW TO APOLOGIZE

- Say what you are sorry for. "I am sorry for..."
- Say why it was wrong. "It was wrong because..."
- Accept full responsibility. "I accept full responsibility for what I did/said."
- Ask how to make amends. "How can I make this better?"
- Commit to not doing it again. "Moving forward, I promise to..."
- Ask for forgiveness. "Will you accept my apology?"
- Thank them. "Thank you for bringing this to my attention."

THESE ARE NOT APOLOGIES: ❌

- I'm sorry you feel that way.
- I'm sorry you misinterpreted what I said.
- You misunderstood what I meant.
- I'm sorry but...
- What about that time you...
- It was your fault that I...

WHAT GREAT LISTENERS ACTUALLY DO

JACK ZEMER, JOSEPH FOLKMAN

- ASK QUESTIONS THAT PROMOTE DISCOVERY AND INSIGHT
- INTERACTIONS THAT BUILD SELF ESTEEM
- A CO-OPERATIVE CONVERSATION
- MAKE SUGGESTIONS SKILLFULLY

GOOD LISTENER IS NOT A SPONGE THAT ABSORBS BUT A TRAMPOLINE TO BOUNCE IDEAS OFF!

TWO WAY DIALOGUE → CONSTRUCTIVE

CREATE A SAFE ENVIRONMENT

FEEDBACK FLOWS IN BOTH DIRECTIONS

CHALLENGE/DISAGREE WITHOUT MAKING OTHER PERSON DEFENSIVE

THAT OPEN UP ALTERNATIVE PATHS

LEVELS OF LISTENING

- CREATE A SAFE ENVIRONMENT TO DISCUSS
- CLEAR AWAY DISTRACTIONS AND MAKE EYE CONTACT
- UNDERSTAND THE SUBSTANCE ASK QUESTIONS, CONFIRM
- OBSERVE NON-VERBAL CLUES
- UNDERSTAND EMOTIONS & FEELINGS ABOUT TOPIC
- HELP OTHER PERSON TO SEE ISSUES IN DIFFERENT LIGHT

80% OF COMMUNICATION IS NON-VERBAL

Mental Habits That Support LIFELONG LEARNING

- RISK TAKING**: Willingness to push oneself out of comfort zones.
- HUMBLE SELF-REFLECTION**: Honest assessment of successes and failures, especially the latter.
- OPENNESS TO NEW IDEAS**: Willingness to view life with an open mind.
- CAREFUL LISTENING**: Propensity to listen to others.
- SOLICITATION OF OPINIONS**: Aggressive collection of information and ideas from others.

8 FACTORS OF HAPPINESS

- LACK OF SUSPICION and RESENTMENT**: nursing a grudge was a major factor in unhappiness.
- NOT LIVING IN THE PAST**: pre-occupation with past mistakes and failures lead to depression.
- NOT WASTING TIME & ENERGY FIGHTING THINGS YOU CANNOT CHANGE**: "Co-operate with life"
- STAY INVOLVED WITH THE LIVING WORLD**: resist withdrawal & become reclusive during stress.
- REFUSE TO INDULGE IN SELF-PITY**: WHEN LIFE HANDS YOU A RAW DEAL. "no one gets through life without some sorrow and misfortune."
- CULTIVATE OLD FASHIONED VIRTUES**: LOVE, COMPASSION, HUMOR, LOYALTY.
- DONT EXPECT TOO MUCH FROM YOURSELF**: gap between expectation and ability = feeling of inadequacy.
- FIND SOMETHING BIGGER THAN YOURSELF TO BELIEVE IN**: people score lowest in any test measure of HAPPINESS.

WHAT REBELS WANT from Their Boss...

- 1. WE ARE NOT TROUBLE MAKERS**
 WE ARE MOTIVATED TO MAKE OUR ORG BETTER
- 2. WE CARE ABOUT WORK**
 MORE THAN ANYONE ELSE
 THAT'S WHY WE ARE WILLING TO SACRIFICE FOR THE COMPANY
- 3. WE NEED AN ENVIRONMENT**
 WHERE IT IS SAFE TO DISAGREE AND CHALLENGE STATUS QUO
- 4. LOVE OUR DIFFERENCES AND QUIRKS**
 WE MAY NOT BE LIKE YOU
 => AND THAT'S A GOOD THING =>
- 5. CHALLENGE US**
 GIVE US THORNIER PROBLEMS LET US PROVE OUR WILD IDEAS AT WORK
 WE WANT TO BE STRETCHED
- 6. DON'T GIVE US LIP SERVICE**
 TELL US IT IS NO GUB LIKE
 THERE'S NO BUBBLE NO RESOURCES
- 7. COACH US**
 ON HOW TO NAVIGATE ORG POLITICS
 SO WE AVOID MAKING MISTAKES
- 8. REBELLIOUSNESS IS A POSITIVE BEHAVIOR**
 IT IS AN ACT OF COURAGE AND RISK TAKING
- 9. APPRECIATE US**
 AND WE'LL MOVE MOUNTAINS FOR YOU.

HEART-CENTERED LEADERSHIP QUALITIES

1. TRUTHFUL
2. TRUSTWORTHY
3. MODELS SELF-CARE
4. SERVANT LEADER
5. OPEN-MINDED
6. OWN CHARACTER
7. LIFELONG LEARNER
8. AVID READER
9. APPROACHABLE
10. STRATEGIST
11. HELPS OTHERS RISE AND GIVE SUPPORT
12. MINDFUL OF WORDS
13. ATTENTIVE LISTENING
14. COMPASSION FOR SELF AND OTHERS
15. RESPONSIBLE
16. COMMITTED
17. OFFER A SAFE, WELCOMING ENVIRONMENT
18. ABILITY TO FAIL FORWARD
19. EMPATHETIC
20. STAY TO THE POINT

WAYS TO CULTIVATE gratitude

Practice MINDFUL meditation

WRITE Thank you notes

NOTE in your diary what you're thankful for.

DO NOT TAKE ANYTHING FOR GRANTED!

KEEP A GRATITUDE journal

Reflect on WHAT GOOD has happened to YOU!

Make it a HABIT

THANK SOMEONE MENTALLY if you have NO TIME TO WRITE!

Focus on the PRESENT without JUDGMENT

COUNT YOUR BLESSINGS

SEEING THE WORLD through fresh eyes

ECONOMIC DOWNTURNS

AI, VIRTUAL REALITY & AUTOMATION

CLIMATE CHANGE

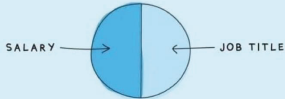
URBANIZATION & POPULATION

TO DEAL WITH SHOCKS AND SLIDES, LEADERS MUST FOCUS ON FOUR SHIFTS

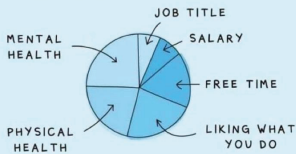
- Willingness to ADAPT
- Being OPEN
- LEARN to live with uncertainty
- There's MORE to business than maximizing shareholder VALUE
- Complex Problem SOLVING
- CRITICAL Thinking
- CREATIVITY
- ADAPT skills to changing contexts
- Personal Knowledge MASTERY
- How collective worldview of org. is manifested in day to day actions
- Short Term vs. LONG TERM Thinking
- RETHINKING how organizations operate
- NETWORKED ecosystems
- FLUID Careers
- PURPOSE Respect for People LEARNING

Monday Motivation 25

HOW WE'RE TAUGHT TO MEASURE SUCCESS

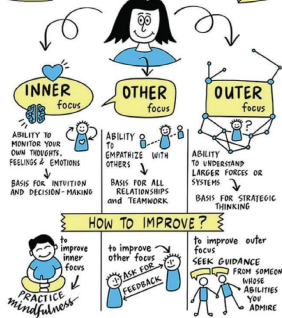


A BETTER MEASURE



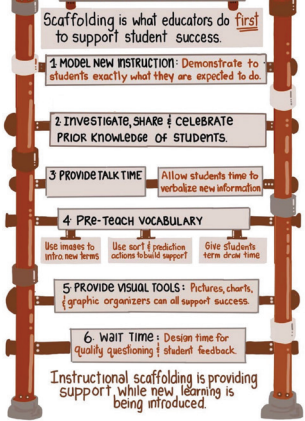
Monday Motivation 26

LEADERS NEED THREE KINDS OF FOCUS



Monday Motivation 27

Strategies of Support



Monday Motivation 28

ON DEVELOPING LEADERS



Monday Motivation 29

WHEN DOES LEARNING HAPPEN??

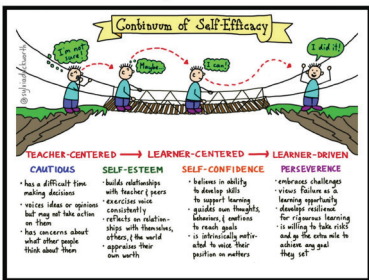


Monday Motivation 30

FOUR WAYS WE LEARN



Monday Motivation 31



Monday Motivation 32

8 FACTORS OF HAPPINESS





Creating OPTIMAL Environments to develop Literacy

Offer texts that reflect Students	Embed time regularly for independent practice	Leave room for student talk & peer interaction	Nurture a love of reading & writing
Read-aloud often to students from various genres	Provide explicit instruction using authentic texts	Leverage students' strengths & assets	Provide book choices in many languages





THE EARTH HEALS ME

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Monday Motivation 41

Personal qualities not measured by tests

Serenity of wonder

Resilience

Motivation

Creativity

Critical Thinking

Self-discipline

Reliability

Empathy

Compassion

Resilience

Endurance

Grit

Spontaneity

Self-awareness

Humility

Courage

Civic-mindedness

Humor

Leadership

Determination

Curiosity

Persistence

Determination

Challenging asking

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Monday Motivation 42

WHAT GREAT LISTENERS ACTUALLY DO

SHEILA ZIMMER, JOSEPH FOLEYMAN

1 ASK QUESTIONS THAT PROMOTE DISCOVERY and INSIGHT

2 INTERACTIONS THAT BUILD SELF-ESTEEM

3 CREATE A SAFE ENVIRONMENT TO OPENLY DISCUSS ISSUES/DIFFERENCES

4 A CO-OPERATIVE CONVERSATION FEEDBACK LOOP

5 CHALLENGE/DISAGREE WITHOUT HARMING OTHER PERSON DEFENSIVE

6 MAKE SUGGESTIONS SKILLFULLY

THAT OPEN UP ALTERNATIVE PATHS

GOOD LISTENER IS NOT A SPONGE THAT ABSORBS BUT A TRAMPOLINE TO BOUNCE IDEAS OFF!

LEVELS OF LISTENING

1 CREATE A SAFE ENVIRONMENT TO DISCUSS

2 CLEAR AWAY DISTRACTIONS AND MAKE EYE CONTACT

3 UNDERSTAND THE SUBSTANCE ASK QUESTIONS. CONFIRM.

4 OBSERVE NON-VERBAL CLUES

5 80% OF COMMUNICATION

6 UNDERSTAND EMOTIONS & FEELINGS ABOUT TOPIC

7 EMPATHIZE

8 HELP OTHER PERSON TO SEE ISSUE IN DIFFERENT LIGHT

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Monday Motivation 43

The Art of Saying No.

"Thank you for the offer, unfortunately I can't make it, but thank you for thinking of me."

"I'd love to see you, but I haven't been able to get much time for myself lately and I promised myself I'd have a quiet weekend!"

"I don't really have the bandwidth for much socialising right now, but I would love to spend time with you in a couple of (days/weeks/months)."

"I love hanging out with you but if I'm honest (activity) isn't my thing. I hope you have fun!"

"I know I haven't been able to come the last few times you've invited me, but it's not because I don't want to! To be honest, I've been pretty depressed, so socialising is a bit of a struggle right now."

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Monday Motivation 44

10 Things That Will Happen When You Start Stepping Out of Your Comfort Zone

Your comfort zone

- 1** You'll start growing quickly
- 2** You'll begin to love challenging yourself
- 3** You'll realize all your fears are fictional
- 4** You'll replace regret with excitement
- 5** You'll learn at your past self
- 6** You'll find out more about your strengths & weaknesses
- 7** You'll boost your self-confidence
- 8** You'll create a new source of satisfaction
- 9** You'll realize the only way to success leads through discomfort
- 10** You'll begin inspiring people around you

High Confidence Level

Low Confidence Level

High Motivation

Low Motivation



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Monday Motivation 45

SELF - IMPROVEMENT

- To improve your mood, **exercise**.
- To think more clearly, **meditate**.
- To understand the world, **read**.
- To understand yourself, **write**.
- To understand better, **teach**.
- To be happy, **don't expect**.
- To get more, **give**.



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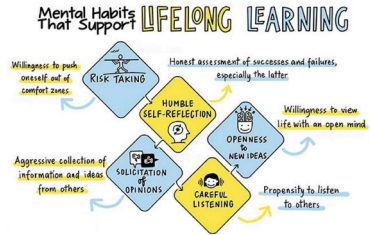
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Monday Motivation 46



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Monday Motivation 47

THE 7 TYPES OF REST

- 1 PHYSICAL** - Relieve your body of physical stress like muscle tension, lack of sleep and headaches.
 - 2 SPIRITUAL** - Tap into your spiritual beliefs and higher power.
 - 3 MENTAL** - Quiet your anxiousness & refocus on the most important things.
 - 4 SOCIAL** - Identify which relationships are nourishing your energy & limit your interaction with toxic & draining people.
 - 5 SENSORY** - Take a moment to be still & silent without outside interference.
 - 6 EMOTIONAL** - Express your true feelings & cut out the "people-pleasing" mentality.
 - 7 CREATIVE** - Let the beauty of your surroundings inspire & motivate you.
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Monday Motivation 48





|| ज्ञानं धनं प्रगल्भते ||



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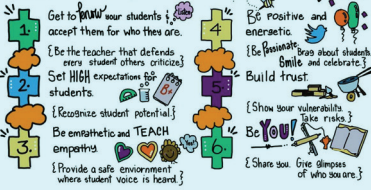
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Monday Motivation 49

BUILDING POSITIVE Teacher-student RELATIONSHIPS



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Monday Motivation 50

toxic positivity

being negative won't help you

good vibes only

you'll get over it

other people have it a lot worse

smile, crying won't help

just stay positive

Genuine optimism

it's important to let it out. is there anything i can do to make this easier for you?

i love you through all your emotional states

you are so resilient, and your strength will get you through it

you are not alone, and there is support to help you

it's okay to cry, we all do. can i get you a tissue or a hug?

things are tough right now. do you wanna talk about it, or do something lighthearted?



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Monday Motivation 51

FIVE WAYS TO LEAD IN AN ERA OF CONSTANT CHANGE



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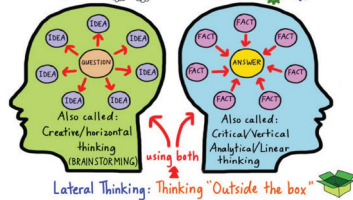
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Monday Motivation 52

Modes of Thinking

Divergent Thinking
Using imagination

Convergent Thinking
Using logic



HOW TO CREATE A CAREER VISION BOARD

WHAT'S A VISION BOARD?
- A display of items that help you visualize your goals.

- 1. GET STARTED**
Ask yourself these questions:
- What is my perfect career?
- Where do I want to be in five 10, 15 years?
- What are my career goals?
- Which in my industry do I admire?
- 2. FIND YOUR INSPIRATION**
Collect:
- Inspirational magazine clippings,
- Photos reflecting your career goals,
- Motivational quotes,
- Meaningful career keep-sakes.
- 3. BUILD YOUR BOARD**
Post your inspirational items on a:
- Card or magnetic board,
- Wall or cubicle space,
- Vision board app.
- 4. GET CREATIVE**
Add embellishments like fabric and framing to make it your own.
- 5. KEEP DREAMING**
Update your board regularly so it reflects your current career goals.

4 BASIC HUMAN NEEDS FOR ENGAGEMENT

- THE NEED FOR TRUST**
AT THE HEART OF TAPPING PASSION AND EFFORT OF PEOPLE
- THE NEED TO HAVE HOPE**
LEADERS ARE DEALERS OF HOPE
FOSTER HOPE
- THE NEED TO FEEL A SENSE OF WORTH**
PEOPLE DERIVE TREMENDOUS SENSE OF WORTH FROM WORK
REWARDS and RECOGNITION
- THE NEED TO FEEL COMPETENT**
CHALLENGING WORK THAT HELPS PEOPLE GROW

When the **MAGIC** happens →

Your comfort zone →

"No gain strength, courage and confidence by every experience in which you really stop to look fear in the face... You must do the thing you think you cannot do."

LEADERSHIP IN A VUCA WORLD

VOLATILE (MARKET LEADERSHIP DISRUPTED)
UNCERTAIN (LACK OF CLARITY)
COMPLEX (LACK OF ISSUES & PROBABILITIES)
AMBIGUOUS (HAZINESS OF REALITY)

AGE OF CONVERGENCE: DIGITALIZATION, GLOBALIZATION, AUTOMATION & CRAFTS AT WORK

MINDSET/SKILLS TO THRIVE IN A VUCA WORLD

- DEVELOP AN ADAPTIVE MINDSET
- EMBRACE ABUNDANCE MINDSET
- WEAVE ECOSYSTEMS FOR HUMAN ENGAGEMENT
- ANTICIPATE CREATS CHANGE
- BE SELF-AWARE
- BE AN AGILE LEARNER
- NETWORK & COLLABORATE
- RELENTLESSLY FOCUS ON CUSTOMER
- DEVELOP PEOPLE
- DESIGN FOR THE FUTURE
- CONSTANTLY CLARIFY & COMMUNICATE



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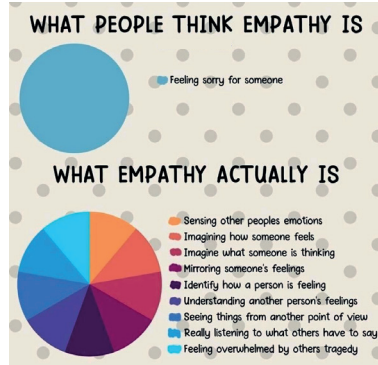
Monday Motivation 57



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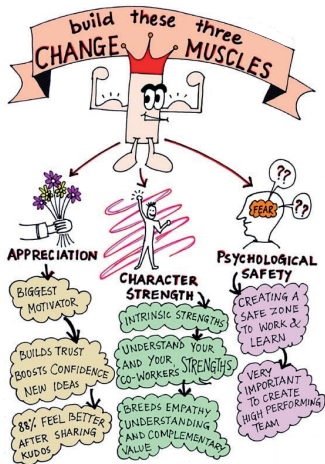
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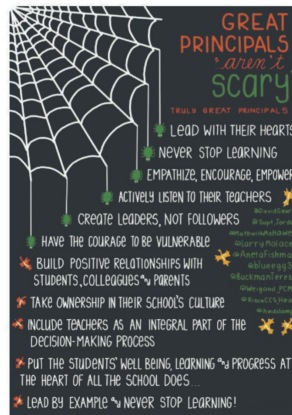
Monday Motivation 59



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Monday Motivation 60





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Monday Motivation 62

The POWER of WAIT TIME



Why Should I WAIT?



Students need to listen to the question.



Students may need time to build up courage for responding.



Students need to process what they've heard.



Students raise their hand in an effort to be heard.



Students may need to translate from the language to another.

WAIT 1:
The time between asking the question and the answer.

WAIT 2:
The time after the student answers the question. This wait time allows for an extended response.



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Monday Motivation 62

Nine Roles of Great Leadership

- ARCHITECT:** VISION, MISSION, VALUES, CLARITY
- PLANNER:** SHORT TERM, LONG TERM
- EXECUTOR:** MAKE THINGS HAPPEN
- CONDUCTOR:** CONCERT HUMAN EFFORTS, INSPIRE POSSIBILITIES
- TEACHER:** MENTOR AND COACH
- STEWARD:** SERVE OTHERS BEFORE SELF
- INNOVATOR:** IDEATES... ENABLES... INNOVATION
- EXPERT:** UNDERSTANDS PEOPLE, BUSINESS, CONTEXT TO WEAVE CULTURE, RESULTS
- THINKER:** ASSES, ANALYZE, THINK CRITICALLY



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Monday Motivation 63

LEADERSHIP IN A VUCA WORLD

VOLATILE: RATE OF CHANGE
UNCERTAIN: LACK OF PREDICTABILITY
COMPLEX: ISSUES & HAZINESS OF REALITY
AMBIGUOUS: COMPLEXITY OF REALITY

MARKET LEADERS DISRUPTED | **AVERAGE SPENDING \$45000** | **AGE OF CONVERGENCE** | **RISE IN NATIONALIZATION & GLOBALIZATION**

MINDSET/SKILLS TO THRIVE IN A VUCA WORLD

- DEVELOP AN ADAPTIVE MINDSET
- EMBRACE ABUNDANCE MINDSET
- WEAVE ECOSYSTEMS FOR HUMAN ENGAGEMENT
- ANTICIPATE & CREATE CHANGE
- BE AN AGILE LEARNER
- NETWORK & COLLABORATE
- RELENTLESSLY FOCUS ON CUSTOMER
- DESIGN FOR THE FUTURE
- CONSTANTLY CLARIFY & COMMUNICATE



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Monday Motivation 64

CHARACTER COUNTS! The 6 Pillars of CHARACTER: 1. Trustworthiness, 2. Respect, 3. Responsibility, 4. Fairness, 5. Caring, 6. Citizenship



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Monday Motivation 65

BRIGHTEN UP A STUDENT'S DAY

SHOW UP

BREATHE SLOW DOWN
BE PRESENT
LEAVE YOUR EGO AT THE DOOR
BE AWARE OF YOUR OWN STRESS
TAKE CARE OF YOURSELF

BUILD UP

START WITH STRATEGIES
HAVE A PLAN & A PURPOSE
FOSTER INDEPENDENCE
REDUCE STRESSORS
SCAFFOLD LEARNING
MEET NEEDS

LIGHT UP

SMILE BRIGHTLY
HAVE "SOFT EYES"
GREET STUDENTS BY NAME
GIVE A WARMTH OF YOUR FULL ATTENTION
LISTEN WITH YOUR HEART
CHOOSE JOY

NEVER GIVE UP

START FRESH STARTS
EMBRACE A "GROWTH MINDSET"
ASK "WHY?" & "HOW?"
BE A STRESS DETECTIVE.
OFFER UNCONDITIONAL POSITIVE REGARD
EVERYONE IS DOING THE BEST THEY CAN

Your POSITIVE, SUPPORTIVE PRESENCE is one of the MOST SIGNIFICANT INFLUENCES ON A STUDENT'S DAY
"YOU ARE THE STRATEGY"



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Monday Motivation 66

UNEARTH YOUR OWN POTENTIAL BY BEING MORE SELF-AWARE

TWO TYPES OF SELF-AWARENESS

INTERNAL self-awareness knowing who you are and what you value

EXTERNAL self-awareness knowing how other people see us

SELF-AWARENESS IS A FOUNDATIONAL SKILL FOR HAPPINESS and SUCCESS IN 21ST CENTURY - TO ENACT and UNEARTH OUR POTENTIAL

BETTER PERFORMERS AT WORK

HAVE MORE SATISFYING RELATIONSHIPS IN PERSONAL LIFE

BEING SELF-AWARE NEEDS MINDSET OF COURAGE, OPENNESS and GRACITY TO LOOK FOR TRUTH and FACE WHAT WE LEARN ABOUT THE SELF

if you pay attention, life gives you a lot of opportunities to improve self-knowledge



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Monday Motivation 67

8 WAYS TO IMPROVE CREATIVITY

- TALK TO YOURSELF BETTER
Ask yourself questions
- DON'T DWELL ON WHAT ISN'T WORKING
Focus on solutions not problems
- DO SOME PHYSICAL ACTIVITY
Exercise and fresh air help the creative juices
- BELIEVE AND BACK YOURSELF
You are probably more creative than you think
- CO-OPERATION FUELS CREATIVITY
Being part of a team can help your creativity flourish
- LISTEN TO MUSIC THAT MAKES YOU FEEL GOOD
Play songs that make you smile
- FIND YOUR HAPPY PLACE
Create a creative environment
- KEEP A DREAM DIARY
Imagination and new ways of thinking can be explored



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Monday Motivation 68

EMBRACING CREATIVITY WITH OUR STUDENTS

A D A P T

ABSOLVE DISCOVER APPOINT PRESCRIBE TEACH

TOGETHER, CLEAR YOUR THOUGHTS AND DISCUSS THE CHALLENGE WE ARE FACING

TOGETHER, TAKE AN INVENTORY OF WHAT TOOLS ARE AVAILABLE FOR USE

TOGETHER, NARROW YOUR LIST TO WHAT FITS WITHIN YOUR LEARNING

TOGETHER, APPLY THE TOOLS AND TECHNIQUES YOU HAVE TO THE LEARNING

TOGETHER, PUT IT INTO PRACTICE AND STRIVE THE PLAN IN YOUR TEACHING



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Monday Motivation 69

7 THINGS TO KEEP IN MIND

- GO AFTER DREAMS. NOT PEOPLE.
- LOVE YOURSELF AND THE REST WILL FOLLOW.
- NEVER LOSE YOUR SENSE OF WONDER.
- YOU ARE CAPABLE OF MORE THAN YOU KNOW.
- NO REGRETS IN LIFE. JUST LESSONS LEARNED.
- YOUR ONLY LIMIT IS YOU.
- LIFE GOES BY IN A BLINK OF AN EYE. SO LIVE LIFE.



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Monday Motivation 70

5 Powerful Questions Teachers Can Ask Their Students

- WHAT DO YOU THINK?
- WHY DO YOU THINK THAT?
- HOW DO YOU KNOW THIS?
- CAN YOU TELL ME MORE?
- WHAT QUESTIONS DO YOU STILL HAVE?



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Monday Motivation 71

HOW BRAIN LEARNS

We take in information better when it is VISUAL. We remember BIG PICTURE better than DETAILS.

SLEEP Largely affects LEARNING and MEMORY.

SLEEP DEBT Sleep Deprivation significantly REDUCES ability to LEARN new information.

We learn the best while TEACHING others.

We learn new information better when it's INTERLEAVED.



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Monday Motivation 72

TECHNOLOGY and BEING HUMAN

LIVE LIFE EVERYTHING IS RIGID IN YOUR FORECAST. LIFE ONLY MAKES SENSE WHEN WE LOOK BACK ON IT.

GIVING is a shortcut to HAPPINESS AND ONE OF THE PILLARS OF A GOOD LIFE. ADDICTION TO DEVICES MAKES US LESS ENGINEERS. PUT YOUR PHONE IN PLANE MODE and choose to set LIMITS.

DO GOOD Change the assumption that BEING ALWAYS ON IS THE WAY TO LIVE.

PEOPLE CHANGE THROUGH Stories AS MUCH AS THROUGH DATA. IT'S NEVER BEEN EASIER TO RUN AWAY FROM OURSELVES when you are RECHARGED and when you take time for yourself, you are more EFFECTIVE and PRODUCTIVE.



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Monday Motivation 73



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Monday Motivation 74

THE 5D TO SUCCESS

You know you will be **SUCCESSFUL**
if you have these **5Ds**.

1. **Dream**
2. **Direction**
3. **Desire**
4. **Discipline**
5. **Determination**



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Monday Motivation 75



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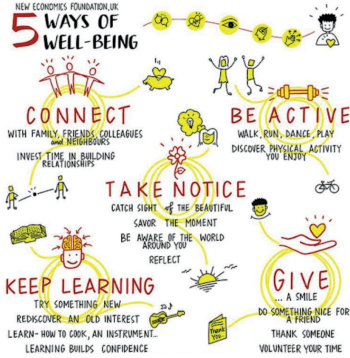


Monday Motivation 76





Monday Motivation 77



Monday Motivation 78

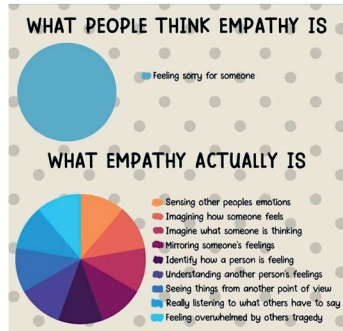


Monday Motivation 79

8 Ways to Develop Metacognitive Skills



Monday Motivation 80





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Monday Motivation 81

"Educational Leadership"



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Monday Motivation 82



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Monday Motivation 83

The Five W's Of Life

- Who** you are is what makes you special. Do not change for anyone.
- What** lies ahead will always be a mystery. Do not be afraid to explore.
- When** life pushes you over, you push back harder.
- Where** there are choices to make, make the one you won't regret.
- Why** things happen will never be certain. Take it in stride and move forward.



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Monday Motivation 84

8 HARD TRUTHS ABOUT LIFE I WISH I KNEW EARLIER

1. Everyone you love is going to die.
2. We give our lives meaning. If you feel like life is meaningless, that's your fault.
3. The perfect partner doesn't exist. Concentrate on finding someone who has a lot of qualities you like and the same values and build a fantastic relationship.
4. Life is a game. Find the games you want to play, learn the rules, and find a way to be successful at the games you selected.
5. Everything ends. Youth, love, life, all end, and that's what makes them valuable.
6. Be romantic about the little things.
7. Be a realist about the big things. Life isn't a movie, you need to have a plan, have an artist's ambition but an engineer's mindset.
8. Figure out a way or don't complain.



Great Teachers

- ... make memories
- ... are caring, humorous, and empathetic
- ... help students reach goals
- ... inspire and model kindness
- ... are life-long learners
- ... are student-centered
- ... build relationships
- ... are dependable
- ... are trustworthy
- ... value students and build their confidence
- ... show grace
- ... encourage and support learning
- ... leave life-changing positive impacts
- ... put students first
- ... provide opportunities for service to others.
- ... are always learning
- ... are passionate about kids, their learning, and their personal success
- ... are collaborative and current
- ... are consistent and also flexible
- ... are a champion and an advocate for their students
- ... put faith and trust in students

The Importance of ENCOURAGING CURIOSITY

Curiosity makes your mind active.
 Curiosity is the most powerful thing you own.

Curiosity makes your mind observant of ideas.
 A mind stretched by a new idea never returns to its original shape.

Curiosity opens new worlds and possibilities.
 When you're curious, you'll find lots of things to do.

Curiosity brings excitement to life.
 The first and simplest emotion which we discover in the human mind, is curiosity.

Curiosity prepares the brain for learning.
 Use prediction activities to engage and empower learners.

Curiosity makes subsequent learning more rewarding.
 Provide students time for reflection and sharing.

Disinterested → STUDENT → Curious
 Classroom Management → CURIOSITY → Energized, Learning
 Issues + Concerns

Growth Mindset

- I can learn anything I want to
- When I'm frustrated, I persevere
- I want to challenge myself
- When I fail, I learn
- Tell me I try hard
- If you succeed, I'm inspired
- My effort and attitude determine everything

Fixed Mindset

- I'm either good at it, or I'm not
- When I'm frustrated, I give up
- I don't like to be challenged
- When I fail, I'm no good
- Tell me I'm smart
- If you succeed, I feel threatened
- My abilities determine everything

6 Tips for Time Management

- 01 Limit Your Resources
- 02 Take Some Rest
- 03 Set Deadlines
- 04 Align Your Biological Clock
- 05 Try to practice different topics
- 06 Don't Try to Solve Everything



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Monday Motivation 89

9 WAYS YOU CAN REDUCE OCEAN PLASTIC

- 1** Boycott single-use plastic
- 2** Join the reusable revolution
- 3** Shop local & request plastic-free packaging
- 4** Minimise bathroom & cleaning products
- 5** Purchase second hand instead of buying new.
- 6** Buy fewer, high quality items made to last
- 7** Choose products made from recycled materials
- 8** Consider sharing or hiring instead of owning
- 9** Lead by example to inspire others too

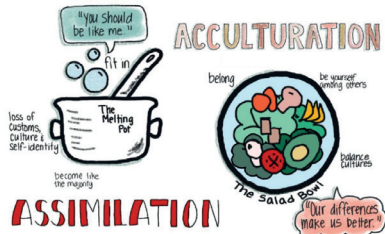


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Monday Motivation 90

"Be Yourself"



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Monday Motivation 91

**Last year you said
 next year.
 Last month you said
 next month.
 Yesterday you said
 tomorrow.
 Words are just words
 until you take action,
 So start today!**
 - Roger Lee



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Monday Motivation 92

5 TIPS TO HELP MANAGE STRESS

- 1 TAKE A BREAK FROM THE STRESSOR**

"even just 20 minutes to take care of yourself is helpful"
- 2 EXERCISE**

"even a 20 minute walk, four times of a week, can give an immediate effect that can last for several hours"
- 3 SMILE and LAUGH**

"Laughter or smiles can help release some of that negative held in our (bicep) and tighten the relaxation"
- 4 GET SOCIAL SUPPORT**

"It's important that the person whom you talk to is someone whom you trust, and whom you feel can understand and validate you"
- 5 MEDITATE**

"even meditating briefly can reap immediate benefits"





Monday Motivation 93

THE PSYCHOLOGY OF SAVORING

Behavioural displays
 THIS IS ABOUT SHOWING HAPPINESS THROUGH OUR BEHAVIOUR, SUCH AS SMILING.
 Share your positive feelings with others.
 Shout it from the rooftops! Laugh out loud, jump for joy, sing, dance!

Being Present
 THIS IS ABOUT LIVING IN THE MOMENT, FOCUSING ON THE POSITIVE MOMENTS AS IT HAPPENS.
 get in touch with your senses. Use the 5, 4, 3, 2, 1 method:
 5: Look around for 5 things you see (or 5 things you can touch)
 4: Listen for 4 sounds (or 4 things you can hear)
 3: Smell 3 things you can smell
 2: Touch 2 things you can touch
 1: Taste 1 thing you can taste

Capitalising
 THIS IS ABOUT COMMUNICATING ABOUT A POSITIVE EXPERIENCE WITH AS MANY AS YOU WANT.
 congratulate yourself
 praise, appreciate, say "thank you" out loud

Positive mental time-travel
 THIS IS ABOUT REFLECTING ON HAPPY MEMORIES AND INCLUDING POSITIVE FUTURE EVENTS.
 take a mental photograph
 compare positive experiences with negative ones. Do you feel, in a flashback, "oh, that's a good one!"



Monday Motivation 94

4 SKILLS THAT ALL GREAT INNOVATORS SHARE

1 applied CURIOSITY
 EAGERNESS TO EXPLORE NEW SPACES

2 EFFECTIVE networking
 Great innovators are KNOWLEDGE BROKERS not knowledge hoarders. THEY WORK AT THE CENTER OF NETWORKS where information and insights flow.

3 COMFORT WITH CONFUSION
 CREATING SOMETHING NEW AND USEFUL REQUIRES US TO WORK IN THE REALM OF THE UNKNOWN.

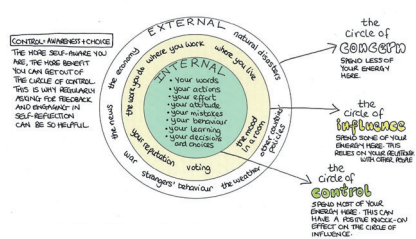
4 RIGOR
 Having a breakthrough idea is one thing - but you also have to see it through.

GENEROSITY
 CAN BE A COMPETITIVE ADVANTAGE



Monday Motivation 95

the CIRCLE OF CONTROL



Monday Motivation 96

10 Growth Mindset Statements

FIXED MINDSET vs **GROWTH MINDSET**

What can I say to myself?

INSTEAD OF:

- 1 I'm not good at this.
- 2 I'm awesome at this.
- 3 I give up.
- 4 This is too hard.
- 5 I can't make this any better.
- 6 I just can't do Math.
- 7 I made a mistake.
- 8 She's so smart! I will never be that smart.
- 9 It's good enough.
- 10 Plan "A" didn't work.

TRY THINKING:

- 1 What am I missing?
- 2 I'm on the right track.
- 3 I'll use some of the strategies we've learned.
- 4 This may take some time and effort.
- 5 I can always improve so I'll keep trying.
- 6 I'm going to train my brain in Math.
- 7 Mistakes help me to learn better.
- 8 I'm going to figure out how she does it.
- 9 Is it really my best work?
- 10 Good thing the alphabet has 25 more letters!





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Monday Motivation 97

WHAT LOOKS LIKE SUCCESS IS OFTEN JUST PATIENCE.

THE STORY OF CHINESE BAMBOO TREE

Year 1 Year 2 Year 3 Year 4 Year 5

Nothing happens

Grows up to 90 ft. in about 6 weeks, or so it seems.



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Monday Motivation 98

LIFE IS TOO SHORT
Grudges are a waste of time.
Laugh when you can,
Apologize when you should and
let go of what you can't change.
Love deeply and forgive quickly.
Life is too short to be unhappy.



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Monday Motivation 99

INSPIRATIONAL WORDS OF ENCOURAGEMENT

Believe in yourself
You've got this
Follow your heart
Just do it
Smile to Life
Never give up
Live in the moment
Have faith
You are awesome
Do what you love
Be Brave
You are Loved
Anything is possible
Never Stop
Smile
Be kind
Smile to Life
Stay Positive
Life is Sweet
Be Happy
Knowledge is power
Keep trying
You are the best
Get it done
Today is a New day



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Monday Motivation 100

SPEAK UP!
STEP OUT OF THE BACK AND EDUCATE OTHERS

Hi Folks!
BE MINDFUL OF THE WORDS YOU USE

BE YOUR AUTHENTIC SELF

HOW TO BE AN INCLUSIVE CO-WORKER

SUPPORT DIFFERENCES

RESPOND FROM PERSONAL EXPERIENCE

PRONOUNCE IT'S OK TO ASK!

RECOGNIZE YOUR OWN BIASES!

BE OPEN TO MY OPINION

SOURCE: INCLUSIVEEMPLOYERS.CO.UK @SCRIBBRFRM



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Monday Motivation 101

5 PARTS OF HEALING CENTERED ENGAGEMENT



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Monday Motivation 102



HOW **psychological safety** RELATES TO PERFORMANCE STANDARDS

