



ON FIRE OR

BURNED OUT?

Get out of the RATRACE!

And get off of the gerbil treadmill!

The necessity of oxygen

**CONGRATULATIONS....
You are rejuvenating today!**



**Have you made a “Bucket List?”
What is your top priority?
Are you willing to be made willing?**

Stress: What it is and is not:

- **Normal.**
- **Prolonged... not normal.**
- **Recognizable**
- **Manageable**
- **Usable**



WHY you do what you do?

- 1. Subconscious actions**
- 2. Temporary stress relievers**
- 3. Ingrained Habits**
 - **Your formative years**
 - **Emotional actions**
 - **Motivation that is good, bad or ugly**
 - **Purposeful, pre-planned actions**

IDENTIFY THE SOURCE OF MOST OF YOUR STRESS

YOU CAN'T CHANGE WHAT YOU DON'T ACKNOWLEDGE

Reality Therapy: Get Real! Take off the mask!



CHECK YOUR ATTITUDE!

STRESS !!!	
The urgent vs. the important	
Urgent but not important	Important but not urgent
Both important and urgent	Neither important nor urgent

F. PURPOSE, PASSION, AND PERSEVERENCE

- So what is our life purpose and how do we define *success*?
- Common traits
- Why did you make your career choice?

ARE YOU IN PURSUIT OF THE TRIVIAL IN LIFE?"



TEN THINKING MYTHS

- If you fail at something you are a failure.
- Why change it if it's not broken.
- You are not skilled enough to go for it.
- You are too old to start something new.
- You are too young to excel now.
- Faith is an entity outside your control.
- You will always be mediocre at best.
- Nobody believes in you.
- You will never make much money.
- You are wasting your life and there is nothing you can do about it.

FAMOUS FAILURES

Real Definition of Success

“To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you lived. This is to have succeeded.”

Ralph Waldo Emerson

TOP TEN TRAITS OF TEACHERS OF EXCELLENCE

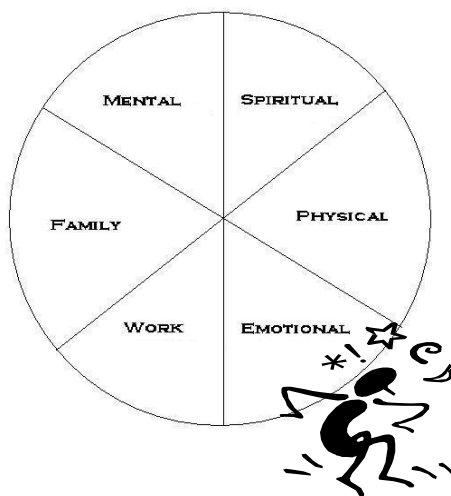
- *They are “real, trustworthy, safe and respected.*
- *They are good listeners.*
- *They see subordinates as real people.*
- *They have clear, consistent expectations.*
- *They seek solutions from many sources.*
- *They are flexible and willing to change.*
- *They have developed a good sense of humor.*
- *They can motivate those under them to succeed.*
- *They find the “good” and praise it*
- *Both personally and professionally they live a life of balance*

RECOGNIZE BOTH YOUR STRENGTHS AND WEAKNESSES AND HOW TO USE THEM!

Where you have been hurt the most is where you can be used to help others the most

Next Step: Personal and Professional. Using Both Your Strengths and Weaknesses

BACK TO THE WHEEL



DON'T COMPARE YOURSELF TO OTHERS, BUT USE THEIR EXAMPLE:

- 1. Don't re-invent the wheel**
- 2. Don't waste the experience**
- 3. Don't waste the pain**
- 4. Take what you like; leave the rest**
- 5. Pass it on!**

Compare to recipes, instructions, diets.

REMEMBER: STRESSED SPELLED BACKWARDS IS DESSERTS



Take Care of YOU!

Final Step: Action Plan: Prepare for the “tests.”

PLAN TO IMPLEMENT THOSE GOALS: BOTH PERSONAL AND PROFESSIONAL

PERSONAL ACTION PLAN: RAISE THE BAR
PLAN TO SUCCEED, BUT LEARN TO BREAK THE OLD CYCLES

SO HOW DO WE BEGIN....AGAIN??

The great PARADOX is that we KNOW how to plan to succeed!

Major barriers:

Time, complacency, fear, apathy. Other people!

THE RULES FOR BEING HUMAN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

STRESSBUSTERS

For years I led an after school group for teachers called *Stressbusters*. We all worked on the following 10 tried and true ways we can all practice to help alleviate and confront the stress in our life. Most of us *know* some of them, but we need to apply them consistently and with accountability – whether through a group, professional help or one on one mentoring:

1. List and prioritize each stress element in your life. Begin to confront and work on them one at a time.
2. Learn to eat in a healthy manner giving up any binge or comfort foods that are temporary fixes. Add exercise, even in small increments each day.
3. Get plenty of sleep and learn to rest in short spurts throughout the day as needed and when possible.
4. Work at getting rid of any other negative habits in your life and reward yourself in positive ways for doing so.
5. Don't compare yourself to others. Only rate yourself on how well you did today as compared to yesterday. One step at a time and going slowly is often the wisest.
6. Diminish your weaknesses and celebrate your strengths. Learn to use your strengths and find others who can help in the areas you lack. Do NOT be afraid to ask for help and offer help for others in the areas of your strengths.
7. Learn to balance your life both time-wise and work-wise. Learn to delegate and to not panic if you don't finish all your "to do" lists.
8. Seek the calming, joyful, spiritual side of life. Whether you learn to pray, meditate, read alone or in a group setting, learn what fills your inner self and don't be afraid to explore!
9. Don't sweat the small stuff – and most of it is small stuff. Learn to turn off that old negative tape that keeps playing in your head.
10. Enjoy the journey! Learn to live in the moment and have an attitude of gratitude for each day we are given!



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