



1



There is a difference between having
good intentions
and
being intentional

2



Our partnership today...

My promise is to be authentic and transparent.
You commit to being honest and open-minded.

Let's do this!

3



4



The mind, body, and spirit are inexplicably interwoven and interrelated



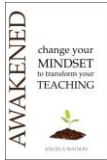
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6



Resource
Awakened: Change Your Mindset to Transform Your Teaching
by Angela Watson



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4 HEALTHY HABITS FOR YOUR MIND

- 1) Learn to **REFRAME** thoughts
- 2) Accept **SEPARATE REALITIES**
- 3) **AVOID** decision fatigue
- 4) Constantly **REFLECT** on your **MISSION**

8



9



3 HEALTHY HABITS FOR YOUR BODY

- 1) Leave room for MARGINS
- 2) Establish morning and evening ROUTINES
- 3) Live in the PRESENT moment

10



11



3 HEALTHY HABITS FOR YOUR SPIRIT

- 1) Know your SIGNATURE STRENGTHS
- 2) Embrace what makes you COME ALIVE
- 3) Celebrate your PROGRESS

12



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Resource
The Happiness Advantage
by Shawn Achor