

THRIVE WITH FIVE ESSENTIAL INSIGHTS FOR EDUCATORS



E.E.O. EXCELLENCE, EMPATHY, OWNERSHIP



I am the Captain of my ship. I didn't pick the crew or build the vessel and I can't control the weather.

From bell to bell, I am in charge of charting the course. Like it or not, the success or failure of my lesson depends on my actions.

I set high expectations and do not relent while understanding there is a time and place for empathy.

How can I set and reinforce expectations? What can I do to eliminate or minimize distractions? How can I make my lesson more engaging?

MAGIC IN THE MUNDANE



Students thrive in safe and structured schools.



Stability, consistency, and predictability matter.



To be clear is to be kind; the more predictable and structured I am, the safer and more supported my students feel."

PRE- DECIDE

Challenges WILL come. I decide far in advance how to respond to tough situations, set boundaries, and prioritize my time.

I AM COMMITTED. I...

- Breathe rather than blow up.
- Eat nutritious food and limit processed sugar.

- Eliminate screen time in the first 30 minutes of my day and the last 30 minutes.
- Believe I am a difference maker and my students and co-workers deserve the best version of me.

THE EXTRA-MILE

An extra-mile educator isn't someone with extra time... they're someone with extra intention.

Small, consistent efforts...learning a kid's story, offering encouragement, or showing up when it matters...that create lifelong impact."

"Do for one what you wish you could do for everyone" Andy Stanley

THE THREE-WEEK RULE- (SELF-REFLECTION)

BASED ON MY PERFORMANCE IN THE LAST THREE WEEKS...



Would I get rehired for my current job?



Would my spouse say yes to marrying me?



Am I deserving of that raise, promotion, or special recognition?



Did I give my kids the undivided attention they deserve?



Am I worthy of my health goals?



JUSTIN'S READING LIST FOR TEACHERS AND COACHES

QUICK READ (1-3 HOURS)



- Make Your Bed – Admiral William H. McRaven (2 hrs)
- Chop Wood, Carry Water – Joshua Medcalf (2.5 hrs)
- Pound the Stone – Joshua Medcalf (3 hrs)
- The No Complaining Rule – Jon Gordon (3 hrs)

3 DAY WEEKEND BREAK READ (3-6 HOURS)



- The Energy Bus – Jon Gordon (4 hrs)
- The Carpenter – Jon Gordon (4.5 hrs)
- The Power of a Positive Team – Jon Gordon (5 hrs)
- Culturize – Jimmy Casas (5.5 hrs)
- What Great Teachers Do Differently – Todd Whitaker (5.5 hrs)
- Lead Like a Coach – Karen Wright (5.5 hrs)

THANKSGIVING, WINTER & SPRING BREAK READ (6-8 HOURS)



- The Healthspan Solution by Dr. Kian Keyes (6 hours)
- Atomic Habits – James Clear (6.5 hrs)
- Hidden Potential – Adam Grant (7 hrs)
- Mindset: The New Psychology of Success – Carol Dweck (7 hrs)
- The 5 Levels of Leadership – John Maxwell (7.5 hrs)

SUMMER READ (8+ HOURS)



- The Coach's Guide to Teaching – Doug Lemov (8 hrs)
- \$\$ Baby Steps Millionaires – Dave Ramsey (9.5 hrs)
- \$\$ Millionaire Mission – Brian Preston (10 hrs)
- The Champions Mind – Jim Afremow (11.5 hrs)