

Monday Memo



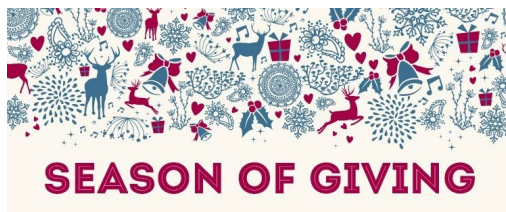
December 10, 2018

Weekly Reminders:

Monday 12/10	Tuesday 12/11	Wednesday 12/12	Thursday 12/13	Friday 12/14
Teacher Mtg. 2:30 	 Empowerment Data Period 4 Pick 20 minutes	TA Meeting 2:30 	<i>Drop a note of kindness in one of your colleagues stockings—located near the lunchroom</i> Empowerment Data Period 5 11:50 PM	 Baked or Sweet Potato With Pulled Pork \$7.00 FREE POPCORN

December Birthdays

Robert Miller	12/2
Suk Taylor	12/2
Tony Bickert	12/3
Robyn Harris	12/11
Tyger Smith	12/13
Leon Leal	12/31



HAVE A GREAT WEEK!

Staff Focus IDEAS:

Ways to build mental FORTITUDE

Establish goals. The human brain is naturally predisposed to reach for and achieve goals. And not just one big goal, such as I want to lose 50 pounds. Also set more manageable short-term goals such as I want to work for 30 minutes without checking my phone or I want to reply to all of my emails by noon today.

Set yourself up for success. Becoming mentally strong doesn't mean you have to subject yourself to temptations every day. Make your life a little easier by modifying the environment.

Tolerate discomfort for a greater purpose. Discomfort can lead people to look for unhealthy shortcuts. Rather than deal with a problem, they reach for something that provides immediate emotional relief—drinking a glass of wine or binge-watching their favorite show, for example. But those short-term solutions can often create bigger long-term problems. Practice tolerating discomfort by reminding yourself of the bigger picture. Push yourself to work on your budget even though it causes you to feel anxious; run on the treadmill when you feel tired—don't escape the discomfort.

Reframe your negative thoughts. Strive to develop a realistic yet optimistic inner monologue. Reframe catastrophic thoughts, such as This will never work with If I work hard, I'll improve my chances of success. You can't eliminate all of your negative thoughts. Everyone has rough patches and bad days. But by replacing those overly pessimistic thoughts with more realistic expectations, you can stay on course and equip yourself to manage the bad days.

Strive to fulfill your purpose. Write out a clear and concise mission statement about what you want to accomplish in life. When you're struggling to take the next step, remind yourself why it's important to keep going. Focus on your daily objectives, but make sure those steps you're taking will get you to a larger goal in the long run.

Look for explanations, not excuses. When you don't perform as well as expected, examine the reasons why. Look for an explanation to help you do better next time, but don't make excuses for your behavior.

Take full responsibility for any shortcomings. Don't blame others or the circumstances for your missteps. Acknowledge and face your mistakes so you can learn from them and avoid repeating them in the future.

Do one hard thing every day. You won't improve by accident. Purposely challenge yourself. Of course, what's challenging to you might not be to someone else, so you need to analyze where your comfortable boundaries are.

Use the 10-minute rule. Mental strength won't magically make you feel motivated all of the time. But it can help you be productive, even when you don't feel like it. When you're tempted to put off something, use the 10-minute rule. When you eye the couch at the time you planned to go for a run, tell yourself to get moving for just 10 minutes. If your mind is still fighting your body after 10 minutes, give yourself permission to quit.

Prove yourself wrong. The next time you think you can't do something, prove yourself wrong. Commit to doing one more pushup at the gym or closing one more sale this month. Your mind will want to quit long before your body needs to give up. Prove to yourself that you're more capable than you give yourself credit for; and over time, your brain will stop underestimating your potential.

FORTITUDE

Patience pays off... Give it time...

Don't move in haste or panic...

Stay open and be willing to work...

Things will come around...

Your outlook attracts certain outcomes...

It's all about how you choose to see things...

Be careful what you speak over yourself...

Your life will go where your words lead it...

- @RobHillSr

"AT A GLANCE"

- Teacher 12/10
- Empowerment Data 12/11 and 12/13
- TA Mtg 12/12