

# Living Well and Doing Good

Three Ideas

Two Questions

One Big Chance to Serve

# Three Ideas

- Idea # 1: Use the time we're given

Covey: We find time for what we value

Research about procrastination

Improvement implies change

People resist change because of feelings of loss,  
incompetence or disloyalty

# Three Ideas

- Idea # 2: Concentrate on the quality of our relationships

Two concepts from “Fierce Leadership”  
Study by Byrk and Schneider

# Three Ideas

- Idea # 3: Put a positive frame on things

Optimism study featured in the WSJ in April  
Longevity Studies

“We see things not as they are. We see things  
as we are.”

# Your Turn

- The Protocol: Wagon Wheel

# WW ? # 1

- How do you waste time at work and how do you waste time at home?

## WW ? # 2

- Think of a change you're resisting at work. How does it link to either feelings of loss or incompetence or disloyalty?

## WW ? # 3

- If there were more trust in your organization what practice that hurts kids should you be talking about?

## WW ? # 4

- What should you and your SAM/Principal be talking about with more frequency?

## WW ? # 5

- Think about a professional situation that is frustrating for you. How might it be an opportunity in disguise? In other words, what might it be there to teach you?

## WW ? # 6

- What educator believed in you or encouraged you when you needed it most? How did s/he help you see the good in the situation?

# Two Questions

- Source: Drive by Daniel Pink
- [www.youtube.com/watch?v=AyRu7k70Jhc](http://www.youtube.com/watch?v=AyRu7k70Jhc)

# Two Questions

- Question # 1: What's Your "Sentence"?

# Your Turn

- In your SAM/Principal pair, help each other answer this question:  
“What do I want my professional “sentence” to be?”

Warning: I’m going to be asking for random “volunteers” in 10 minutes

# Two Questions:

- Question # 2: Am I better today than I was yesterday?

# Your Turn

- Again, in your SAM/Principal Team, answer this question:  
“What is one thing you’ll commit to doing no later than this Sunday that will allow you to answer “yes” to the previous question?” (Talk about the “yes, but”s that will interfere with your ability to say yes to “Am I better today than I was yesterday?”)

# One Big Opportunity To Serve

- Hero Stories
- Closing Comments

# Contact Information

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