

Wynn
Godbold



How To Rekindle The Whole and Happy Teacher

How to RE-ignite the Whole and Happy Teacher Within

Six Strategies for bringing back your passion

Feeling beat up or burnt out? I get that. I had those same feelings until I uncovered and put into practice these 6 strategies. Now, I teach and live from an empowered intentional place and I want to share these life changing strategies with you so that you can too.

First things first, take comfort- your passion for teaching children still lives inside of you. Your desire to change their lives may feel buried, but with a few quick tips it will **Re-emerge** in no time!

Let's see how we're going to rekindle the whole and happy teacher that lives within YOU!

1. RE-focus on your life outside of school-

"He who cannot rest, cannot work; he who cannot let go, cannot hold on; he who cannot find footing, cannot go forward." ~Harry Emerson Fosdick

Our lives outside of school are critical to how we function at school. Teachers who have given over every part of their being to the job are truly doing their students a disservice. It's our experiences outside of school that allow us to fill our classrooms with richness. It's the time of rest that enables us to face each day with joy and energy to reach children. It is being grounded in who we are that empowers us to teach children authentically. Your first strategy to rekindling the whole and happy teacher within you is to RE-focus on your life outside of school. Take time to be away, mentally and physically. Enjoy your family, your hobbies, move your body, rest... all of these activities will help to refill your bucket so you can reach your students from a place of overflow.

2. RE-store your trust in your instincts-

"It's not how busy you are, but why you are busy. The bee is praised, the mosquito is swatted." ~Mary O'Conner

Why are you busy? Is it because someone has dictated that for you? Is it because you feel the need to compete with your neighbor? Really? What do your instincts say that your students need? One of the most powerful things teachers can do to be whole and happy is to trust their

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instincts. Keep children at the forefront of your brain. Every time you are asked or told to do something, run it through a filter which says, “How will this impact my students?” If you are not pleased with the answer, then it is your responsibility to find a way to complete the task so that it will pass through your filter. This goes for all of your activities, which leads me to ask you, “How are you at saying no?” Very often, the best thing we can do to rekindle ourselves is to learn to say, “No.” Overwhelm is not a place for the whole and happy teacher. Set boundaries for what makes a “yes” activity and what makes a “no” activity. Examine every activity you do and ask yourself where it fits. If it is strongly a “yes,” go for it. If it wavers or is strongly a “no” eliminate it!

3. RE-set your daily intentions-

“People with goals succeed, because they know where they're going.” ~Earl Nightingale

Intentional teachers know their purpose for being in their classroom everyday. They set clear intentions about the outcomes of their lessons and their relationships with their students. Intentional teachers have a practice of focusing, recognizing, realigning, celebrating, and recommitting. They are purposeful about their mission and passion. For you to rekindle the whole and happy teacher within, you will need to re-set your intentions daily. Get grounded in what you want for yourself and your students- daily. Then work all day toward those intentions.

4. RE-member to celebrate your successes-

“The more you praise and celebrate your life, the more there is in life to celebrate.” ~Oprah Winfrey

Celebration is the gift of life! If you are alive today you have reason to celebrate. The way to begin a practice of continual celebration is to take time at the end of each day to list 5 things for which you are grateful. Don't be afraid to start small: your dog's love, safe travel to school, sunshine... Write down these gratitudes right before you go to bed. During the night your subconscious will work with your gratitudes and help you wake-up feeling blessed. Waking up blessed will enable you to start your day in expectation of much to be thankful for. Once your heart begins to experience continual gratitude, you'll be able to see how daily events are worth celebrating. Small successes will become big deals. As this transformation happens, embrace it. Dance, sing, shout “woo hoo!”, even if you only do this in your head- DO IT! On occasions though, really let loose and celebrate. Once you get the hang of celebration the whole and happy you within will thrive!

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5. RE-alize the beauty of imperfection-

“Once you accept the fact that you're not perfect, then you develop some confidence.” ~Rosalynn Carter

How's this for your new mantra: “Imperfection ROCKS!”? Say it with me, “Imperfection ROCKS!” If you really want to rekindle the whole and happy teacher within, this is a concept you want to become very comfortable with. Mrs. Carter completely gets this one right. Three steps are needed here. First, realize that you are not perfect. You can't be perfect. Perfect is overrated and unattainable. Second, embrace these facts. They don't mean you're less than you should be. In fact these facts free you up to be who you truly are. Third, communicate to others that you are not perfect. Actually acknowledge it. This is not meant to make you look or feel inferior. It simply opens the doors for you to be authentically you. After all, if you are trying to be something you cannot be (perfect) then you are constantly gypping the world of what you are (imperfectly YOU).

6. RE-commit on the spot-

“Stay committed to your decisions, but stay flexible in your approach.” ~Tom Robbins

The last strategy to consider for rekindling your whole and happy teacher within is to acknowledge any time you stray off your intended path of wholeness and happiness and quickly recommit. Think about the way you address the children in your classroom. If you see a child who is making a mistake, do you make him or her wait until tomorrow to fix it? No way! You know the importance of correcting the action on the spot- when it comes to your students. Now, extend this same great teaching practice to yourself. Don't wait anytime to recommit. As soon as you realize you are not living in a whole and happy way, change your path and then continue forward.

How are you feeling now? Ready to take on some of these strategies and RE-kindle your passion? Let me be your cheerleader. YOU CAN DO THIS!

Just one caution. Please don't take on too much. I know it is tempting to try to implement everything at once, but that is a sure recipe for disaster. Slow and steady wins the race. Take it

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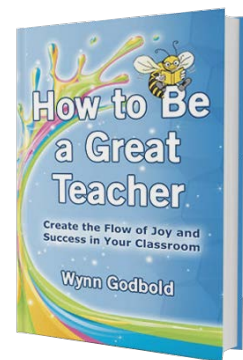
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one strategy at a time, building as you go. Your bridge from beat up and burnt out to empowered and passionate will be built before you know it.

Feeling better? Fantastic! Want to go deeper? Let's do it!

I wrote this book especially for you the passionate teacher who loves your job, but would like to have more joy in your classroom.

To learn more about *How to Be a Great Teacher: Create the Flow of Joy and Success in Your Classroom* [click here](#) and I'll tell you all about it.



Wynn Godbold is an expert in joyful teaching through leadership. Her work as an author, speaker, and Founder of the [International Academy of Bee Sharp Teachers](#) carries her across the United States spreading the message of what it takes to be a great teacher.

Wynn's first book, *How to Be a Great Teacher: Create the Flow of Joy and Success in Your Classroom* is transforming teachers from frustrated and feeling overwhelmed to inspired and joyful.

Her leadership retreats are known to empower educators to love their lives and change the world. Teachers world-wide experience personal growth through the products and packages she offers on-site and on-line.

You can enjoy her video blog at: <http://wynngodbold.com/vlog/>.

Wynn is Nationally Board Certified in Reading and the Language Arts. She has certifications in Education Administration, Elementary and Early Childhood Education. In addition to running Bee Sharp and the Academy, she consults for the McGraw Hill Education Group, writes for All Things Girl online magazine, and serves on the Educational Team at Page Turner Adventures.

Wynn lives in Myrtle Beach, South Carolina with her husband, two sons, and the family dog, JR.

If you would like to work with Wynn, please contact the Bee Sharp Customer Care Team at info@beesharp.us.