

# INSPIRATIONAL ~S.O.A.K. ~

Sometimes learning penetrates best when we are relaxed and not trying too hard to make it happen. Stress-free Opportunities to Absorb Knowledge Choose what works for you. (Like an "inspirational" bath bomb infused with personalized nutrients)

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Quotes	Music	Statements affirmations	Books poetry stories	Art	Videos movies	Movement other ideas
"No one is useless in this world who lightens the burdens of others." —Charles Dickens	"Eye of the Tiger" (Rocky) Survivor	<b>For coaches:</b> My influence and energy build greatness in teachers and kids! My gentleness and expertise inspire excellence.	"Don't Quit" Edgar Guest	<b>The Ninth Wave</b> Ivan Aivazovsky	<b>Great Leadership Comes Down to Only Two Rules</b> (TEDx Talk) Peter Anderton	<b>Hero Pose</b> 
"Remember this. Hold on to this. This is the only perfection there is, the perfection of helping others. This is the only thing we can do that has any lasting meaning. This is why we're here. To make each other feel safe." —Andre Agassi	"I Believe I Can Fly" R. Kelly	Teachers are attracted to and inspired by the way I coach. My knowledge coupled with my pure intentions equals success for teachers.	<b>Finding Your True North</b> Bill George	<b>The Five Eldest Children of Charles I</b> Anthony Van Dyck	<b>First Follower: Leadership Lessons From Dancing Guy</b> Derek Sivers (YouTube)	<b>Handstand</b> 
"Real women fight for something other than their own emotions." —Shannon L. Alder	"Stronger" Kelly Clarkson	I coach with clarity and joy! I offer encouragement that will endure.	<b>The Six Secrets of Change: What the Best Leaders Do . . .</b> Michael Fullan	<b>Two Sisters (On the Terrace)</b> Pierre-Auguste Renoir	<b>Everest</b> (2015) <b>Hidden Figures</b> (2016)	
"Joy not shared is joy wasted." —Abhijit Naskar	"When We Were Kings" Bryan McKnight and Diana King	I am capable, insightful, and compassionate.	<b>The Power of Moments</b> Chip and Dan Heath	<b>The Starry Night</b> Vincent Van Gogh	<b>Rudy</b> (1993) <b>It's a Wonderful Life</b> (1946) <b>Cast Away</b> (2000) <b>The Help</b> (2011)	<b>Oils:</b> spruce; cedarwood; pine
"There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self." —Ernest Hemingway	"Firework" Katy Perry	<b>Coaches to teachers:</b> Your power is immeasurable, your purpose undeniable, your heart . . . incredible! You find and fuel fires of talent within children/teens! You are paving the way for students' dreams to become their realities.	<b>Conversations: Coaching Ourselves and Each Other . . .</b> Jim Knight	<b>Water Lilies</b> Claude Monet	<b>The Diary of Anne Frank</b> (1959) <b>Cool Runnings</b> (1993) <b>To Sir With Love</b> (1967)	<b>Stones:</b> tiger's eye; citrine
	"A New Day Has Come" Celine Dion	<b>For teachers:</b> I am an inspiring force for good in the lives of my students. My students will fondly remember how they felt in my class. I ignore discouragement and inspire success.	<b>The Seven Habits of Highly Effective People: Restoring the Character Ethic</b> Stephen R. Covey	<b>Happy Birthday, Miss Jones</b> Norman Rockwell	<b>Seven Pounds</b> (2008) <b>Patch Adams</b> (1998) <b>Million Dollar Baby</b> (2004)	<b>Color:</b> sparkling white
	"The Greatest" SIA		<b>Leadership From the Inside Out: Becoming a Leader for Life</b> Kevin Cashman	<b>The Thinker</b> (Sculpture) Auguste Rodin	<b>The Karate Kid</b> (1984) <b>Akeelah and the Bee</b> (2006)	<b>Visual Symbol:</b> mountain
	<b>The Four Seasons</b> Antonio Vivaldi		<b>Outliers: The Story of Success</b> Malcolm Gladwell	<b>Morning Breakfast</b> William Bouguereau		
	"Invincible" Kelly Clarkson			<b>Wanderer Above the Sea of Fog</b> Caspar David Friedrich		

The influence I radiate is powerful, positive, and memorable.

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