
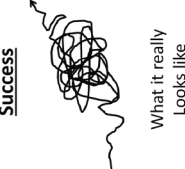




PLANNED ~S.O.A.K. ~

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 a “Planned” bath bomb infused with personalized nutrients)

Quotes	Music	Statements affirmations	Books poetry stories	Art & More	Videos movies	Movement other ideas
<p>“You were born to be a winner, you must plan to win and prepare to win. Then, and only then can you legitimately expect to win.” —Zig Ziglar</p> <p>“Proper Planning Prevents Poor Performance” —short version of British Army 7 P’s</p> <p>“A goal without a plan is just a wish.” —Anonymous</p> <p>“Plan your work and work your plan.” —Napoleon Hill</p> <p>“An hour of planning can save you 10 hours of doing.” —Dale Carnegie</p> <p>“Spectacular achievement is always preceded by unspectacular preparation.” —Robert H. Schuller –</p> <p>“Persevere until the goal set is the goal met!” —Rebecca Frazier</p>	<p>“Big Plans” Why Don’t We</p> <p>“Takin’ Care of Business” Bachman-Turner Overdrive</p> <p>“The Climb” Miley Cyrus</p> <p>“Teach Your Children Well” Crosby, Stills, Nash & Young</p> <p>“Car Wash” Rose Royce</p>	<p>For coaches: My ability to plan and organize my coaching work sets teachers up for success!</p> <p>The teachers I coach know I appreciate and respect their individuality. Through my coaching, teachers’ support needs and personal dreams are brought to light. Then, through intentional planning, we partner together to make their most effective and heartfelt teaching become a daily reality.</p> <p>For teachers: When I intentionally plan to meet the needs of students, I position myself to make a lasting, positive difference in their lives. My willingness to put forth the effort to plan well is evidence of my dedication to and love for my students.</p>	<p>“The Art and the Grasshopper” Aesop</p> <p>The Impact Cycle: What Instructional Coaches Should Do . . . Jim Knight</p> <p>RESULTS Coaching: The New Essential for School Leaders Kathryn Kee et al.</p> <p>Coaching Matters Joellen Killion et al.</p> <p>Student-Centered Coaching: A Guide for K-8 Coaches and Principals Diane Sweeney</p> <p>Differentiated Coaching: A Framework for Helping Teachers Change Jane Kise</p> <p>Cognitive Coaching: A Foundation for Renaissance Schools Arthur Costa and Robert Garmston</p>	<p>Blueprints by Frank Lloyd Wright</p>  <p>What people think it looks like</p>  <p>What it really looks like</p> <p>The notebooks of Leonardo da Vinci</p> <p>Great recipes for your favorite comfort foods!</p> <p>Exemplary lesson plans of excellent teachers you know!</p>	<p>NASA Planning Trip Around Mars in 2033? Fox Business (YouTube)</p> <p>Importance of Planning—Why Planning Is Important? (Funny Story) BeOnTrack (YouTube)</p> <p>Why Planning Matters bameyvelvessen (YouTube)</p> <p>Stephen Covey’s 4 Quadrants Time Management Strategies Time Management Matrix Ep. 9 Mr Smart (YouTube)</p> <p>Plan the Work, Work the Plan—Motivational Video Will Smith Video Advice (YouTube)</p>	<p>Downward Dog</p>  <p>Tripod Headstand</p>  <p>Oils: ginger, eucalyptus</p> <p>Stones: dumortierite, datolite</p> <p>Color: orange</p>

The ability to plan, prioritize, and strategically organize our complex workloads is an undervalued, but necessary and powerful skill! Planning paves the road to success!

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