



**TAKING TEACHERS  
TO THE TOP**

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WELCOME  
TO THE  
LEAD AND  
INSPIRE  
COMMUNITY

## WELCOME TO THE COMMUNITY

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### **Our Community Group Norms are:**

We are a supportive community of teaching professionals.

We recognise the importance of nourishing ourselves- mind, body and soul.

We are proactive in identifying our own needs and finding solutions, help, and additional support to ensure we are the version of our personal best.

We are aware of our own power in the choices we make and participate in our own personal development journey with an open heart and open mind.



WELCOME  
TO THE  
LEAD AND  
INSPIRE  
COMMUNITY

This is like no other community.

This is all about focusing on you, so you can WORK towards your full potential-your very best.

The amount you put in will determine the success, growth and results you will achieve.

We are here to create a community to share ideas, knowledge, expertise, stories, successes, failures and experiences.

We are starting with US because that is where it all begins and somewhere along the line with what life and the job throws at us...we have either forgotten who we are as individuals and how important it is to look after ourselves.

The classic- you can't fill others' glasses if yours is empty!



LEAD AND

INSPIRE 

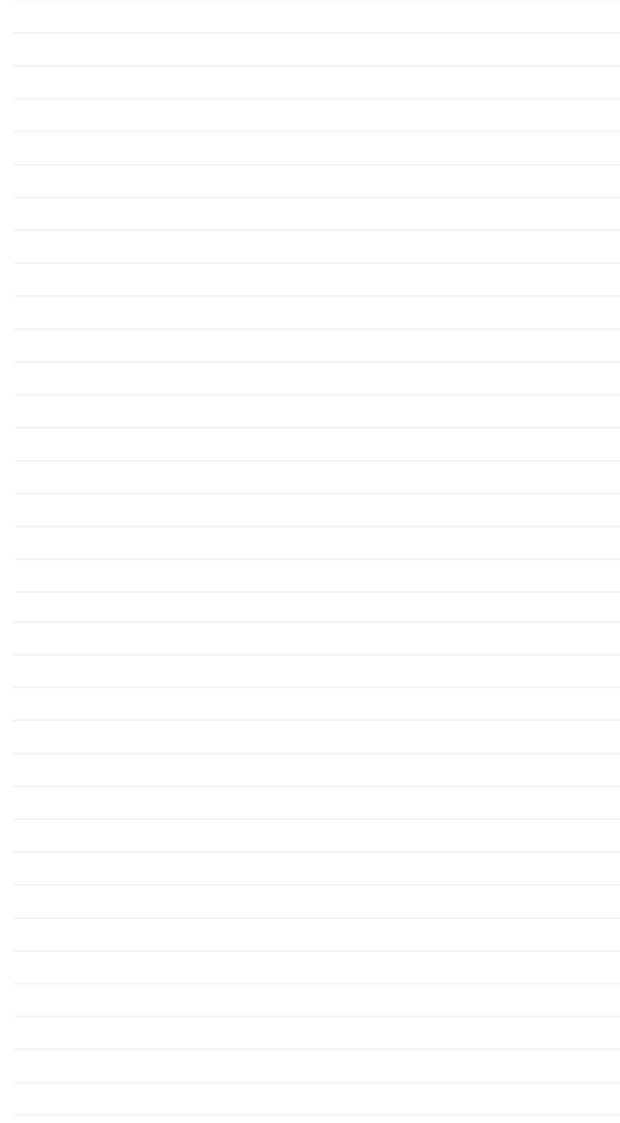
TAKING TEACHERS  
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# SIMPLIFY TO AMPLIFY WEEK THREE

JESSICA TERLICK | LEAD AND INSPIRE







# OVERVIEW



**Over the next 10 weeks we are going to make some HUGE changes!**

This online program has been designed to slowly release information every week so every task is achievable...you know, we do this with our students to get them to achieve their learning outcomes. It is your participation, your ACTION, your focus, the live videos and your interaction in the Facebook Group during the week will be where the magic happens!

There will be key messages every week to remember 😊

**This week's message is:** We don't need motivation to do something. We just need a desire...or a feeling! How do you want to feel? What are the habits you can do on a daily basis to make you feel this way?

## OVERVIEW OF THE 10 WEEKS

Week	Focus	Tasks	
Week One	The Set Up for Success	<ol style="list-style-type: none"><li>1. Select the commandments that are relevant to you.</li><li>2. Commit to the Sunday afternoon routine.</li><li>3. Start focusing on the 5 Commandments you selected.</li></ol>	
Week Two	Relationships	<ol style="list-style-type: none"><li>1. Write down all the things you want to get completed and then allocate who can do it or help you to do it.</li><li>2. Crystal clear communication.</li></ol>	
Week Three	Motivation	<ol style="list-style-type: none"><li>1. Identifying your 'WHY'.</li><li>2. Identifying your reasons for and your motivation.</li><li>3. Creating a goal to follow.</li></ol>	
Week Four	Let's Get Started.	<ol style="list-style-type: none"><li>1. ACTION</li></ol>	
Week Five	Pick your space!	<ol style="list-style-type: none"><li>1. ACTION</li></ol>	

## OVERVIEW OF THE 10 WEEKS

Week	Focus	Tasks
Week Six	Pick your space!	1. ACTION
Week Seven	Pick your space!	1. ACTION
Week Eight	How are your spaces now?	1. Identify what is still occupying your spaces. 2. Create action steps to clear the remaining.
Week Nine	How do you de-stress?	1. Create a self-care list to go to on a daily basis.
Week Ten	What have you achieved?	1. Share your completed list! 2. Take photos of your cleared spaces. 3. Do something to celebrate your success.





# WEEK THREE

MOTIVATION



## MOTIVATION

- We often wait for motivation to help us start or finish something.
- Quite often motivation comes from closing in 'due-dates'.
- But if we have no time constraints; what can we use as motivation.
- To find this motivation we need to be aware of what we have accepted and the reasons why we want to make a change....
- This can get a little tricky....and it can bring up some strong emotions.
- Be prepared to let them all out!



## WHAT IS OCCUPYING YOUR SPACES?

- Last week you wrote down all the tasks you wanted to complete during this program, who can help you and some sort of time-frame.
- We are going to get clearer on what spaces you need to clear out and why you want to clear them out.
- Then hopefully we can form a goal to focus on for the next couple of weeks.



## WHAT IS OCCUPYING YOUR SPACES?

- Quite often we are tired and feel like we have no time because our physical, mental and emotional spaces are **CLUTTERED!**
- Physical space- the space we can see, the space we live and work in.
- Mental space- our thoughts, ideas and opinions.
- Emotional space- our feelings.
- When these spaces are not clear we often suppress or compensate. We may overload one space or show OCD behaviour on others.

**EXAMPLES  
OF WHAT  
MAY BE  
CLUTTERING  
YOUR SPACE**

Physical Space	Mental Space	Emotional Space
Home	To-do list	Relationships with others
Car	Knowledge/Information?	Relationships with self
Classroom	The Past	Judgments
Individual rooms	The Future	Expectations



**THIS  
WEEK'S  
TASKS**

- 1. Write down all the things you want **CLEARED** in your physical, mental and emotion space.**
- 2. Identify your **WHY** and your motivation.**
- 3. Create a goal to focus on.**



**DON'T  
FORGET**

- Your Sunday Afternoon Routine
- 5 Commandments
- CCC

I WOULD  
LOVE TO  
HEAR HOW  
YOU GO  
THIS  
WEEK!

**Please share any insights, moments of success or any challenges you may find in the Private Facebook Group as the Lead and Inspire Community is here for you on this journey! Your participation will inspire others to do the same and you will be leading by example.**

**Happy week three!!**

***Always with a smile,***

***Jessica***

