

Mindful Memo



Week 2 August 16th, 2021 RCMA Wimauma Community Academy

To Get From Good to Great – Be Intentional

Many of us have reflected on how to take our scholars from good to great this year. Through these reflections, we realize:

The amount of time we are given, will not change.

To move from good to great, the time we do have must be used with intention.

This week's "challenge" is to look for opportunities to live more intentionally. You can also apply this to your home and daily life outside of school, but here are some tips (from "The Intentional Teacher") for more intentional instruction.

1. Be mindful of multi-tasking – Focusing your energy on one thing at a time shows it's importance. The same goes for people. Invest in being present, and strong relationships and achievement will both increase.
2. Ask WHY? – To be intentional, we must ask ourselves "Why am I doing this?" If an assignment or activity does not have an intentional, authentic, measureable purpose, perhaps that time could be better used for something else.
3. Examine efficiency – Examining our procedures and routines will help us identify where we can save time.

