

Mindful Memo



Week 25 – February 14th-February 18th, 2022 – RCMA Wimauma Community



Keep Your Head in the Game!

Mid-February. If you're an American football fan, this means the Super Bowl! If you're an educator, it's (according to my calculations) week 25 of school...**CRUNCH TIME** These next few months require us to dig deep, find resilience, and "keep our heads in the game." This week, use these strategies to stay strong and motivated.

Just Do IT! Sometimes waiting around for inspiration or motivation holds us back. It's essential at times to put emotions aside and just do what needs to be done. Often times, accomplishing a task we've put off will provide the extra boost of motivation that was lacking.

Close the book. It's tough to move forward if we're still hanging on to negative situations from the past. Everyone has had something in their lives that has tackled them to the ground. Learn the lesson and close the book. Be mindfully aware of past experiences that may have morphed into present excuses.

Keep an Attitude of Gratitude. When we remind ourselves DAILY just how much we've been given in life, it becomes easier to stay in high spirits. Sometimes life is downright hard and bad days are inevitable, but we all have a tremendous amount of things for which to be grateful both at RCMA and in our personal lives. If you're struggling with gratitude, do something nice for someone else!

The Super Bowl



Each classroom should have a singing bowl. Extras are available in the WCA Media Center!

**You've only got three choices in life:
Give up, Give in, Give it all you got. ..**

SUPER BOWL

