

Maintaining Balance as an Educator Filling Your Bucket

Filling Your Bucket

On a scale of one-to-five, where 5 is strongly agree, and 1 is strongly disagree, please indicate your level of agreement with each of the following items.

| | Strongly disagree | | | | Strongly agree |
|---|-------------------|---|---|---|----------------|
| | 1 | 2 | 3 | 4 | 5 |
| I have helped someone in the last 24 hours. | ● | ● | ● | ● | ● |
| I am an exceptionally courteous person. | ● | ● | ● | ● | ● |
| I like being around positive people. | ● | ● | ● | ● | ● |
| I have praised someone in the last 24 hours. | ● | ● | ● | ● | ● |
| I have developed a knack for making other people feel good. | ● | ● | ● | ● | ● |
| I am more productive when I am around positive people. | ● | ● | ● | ● | ● |
| In the last 24 hours, I have told someone that I cared about her or him. | ● | ● | ● | ● | ● |
| I make it a point to become acquainted with people wherever I go. | ● | ● | ● | ● | ● |
| When I receive recognition, it makes me want to give recognition to someone else. | ● | ● | ● | ● | ● |
| In the last week, I have listened to someone talk through his or her goals and ambitions. | ● | ● | ● | ● | ● |
| I make unhappy people laugh. | ● | ● | ● | ● | ● |
| I make it a point to call each of my associates by the name she or he likes to be called. | ● | ● | ● | ● | ● |
| I notice what my colleagues do at a level of excellence. | ● | ● | ● | ● | ● |
| I always smile at the people I meet. | ● | ● | ● | ● | ● |
| I feel good about giving praise whenever I see good behavior. | ● | ● | ● | ● | ● |

Margins

I want margin in my mornings so I can _____ (enjoy my coffee, do my devotions, get to work on time, etc.)

I want margin in the evenings so I can _____ (read a book, take a bath, tidy the house)

I want margin between each scheduled activity so I can _____ (not be late to things, fix a snack, go over on time if I need to)

I want margin on the weekends so I can _____ (simplify something, take a walk, be spontaneous)

I want margin over the holidays so I can _____ (finish preparations without feeling stressed, sit and talk with relatives)

Decide what you want your margins to be. And then, **don't plan anything into your schedule that will crowd those margins out.**

GALLUP'S Q¹²®

- 01** I know what is expected of me at work.
- 02** I have the materials and equipment I need to do my work right.
- 03** At work, I have the opportunity to do what I do best every day.
- 04** In the last seven days, I have received recognition or praise for doing good work.
- 05** My supervisor, or someone at work, seems to care about me as a person.
- 06** There is someone at work who encourages my development.
- 07** At work, my opinions seem to count.
- 08** The mission or purpose of my organization makes me feel my job is important.
- 09** My associates or fellow employees are committed to doing quality work.
- 10** I have a best friend at work.
- 11** In the last six months, someone at work has talked to me about my progress.
- 12** This last year, I have had opportunities at work to learn and grow.

Your Soul is Waiting

From Soul Keeping by John Ortberg

I have been waiting.

I am shy—terribly shy—even in the most boisterous person. I can only whisper, never shout. You may never even notice me.

But I am here, waiting.

I do not lie on the surface. If you look and listen, patiently, you will know.

I speak through your confusion, through your wanting, through your hurt. When you stammer, when you say what you did not mean to say, it was I. When you watch a sunset, or hear a child laugh, or listen to a piece of music that causes you to suddenly become choked up, it is I that causes your eyes to fill.

When you are addicted, it is I that is chained.

When the sun burns up and the universe melts away, I will be here. Like Glenn Close, in the movie *Fatal Attraction*, I will not be ignored. I can be wounded, lost, repulsed, or redeemed. Your circumstances actually matter far less to your happiness than you think. It is my health that makes your life heaven or hell.

I am your soul.

I am here.

The Great Divorce

C.S. Lewis

The main character, living in Hell, boards a bus that travels to Heaven. This passage describes the experience of encountering Heaven after a lifetime of not keeping his soul:

At first, of course, my attention was caught by my fellow passengers...I gasped when I saw them. Now that they were in the light, they were transparent—fully transparent when they stood between me and [the light], smudgy and imperfectly opaque when they stood in the shadow of some tree. They were in fact ghosts: man-shaped stains on the brightness of that air. One could attend to them or ignore them at will as you do with the dirt on a window pane. I noticed that the grass did not bend under their feet: even the dew drops were not disturbed.

Moved by a sudden thought, I bent down and tried to pluck a daisy which was growing at my feet. The stalk wouldn't break. The little flower was hard, not like wood or even like iron, but like diamond. I tried to pick the leaf up: my heart almost cracked with the effort, and I believe I did just raise it. But I had to let it go at once; it was heavier than a sack of coal. As I stood recovering my breath with gasps and looking down at the daisy, I noticed that I could see the grass not only between my feet but through them. I was also a phantom. **Who will give me words to express the terror of that discovery?**

Other Resources:

- *The Power of Full Engagement*, Jim Loehr & Tony Schwartz
- How Full is Your Bucket
- *Eat, Move, Sleep*, Tom Rath
- *The Me I Want to Be*, John Ortberg