

# A GIFTED MINUTE

May 2021

St. Johns School District

## May Motivation!



[Check out the 5 tips on this 50-second video to refuel motivation.](#)

We are working on meeting with students and parents to finish up the yearly EP (Educational Plan) progress reports. Please look out for these in the mail in the coming weeks.

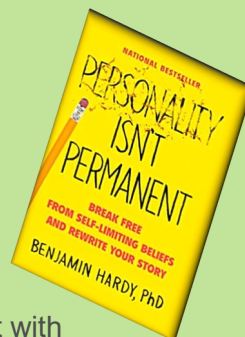
For our last [GPAC](#) posting, we covered a variety of topics, including getting RICH (how to be happy), creative and critical thinking resources to use over the summer, and student testimonies about how the gifted program has had a positive impact in their lives.

### Contact Information

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## Book of the Month



When it comes to motivational tips, one recurring theme is that successful people start with a vision of their future self. What's more, they use this vision as a filter for everything they do.

["Personality Isn't Permanent"](#) by Benjamin Hardy, PhD, motivates readers while focusing on the question: "Who do you want to be in the future?"

## Instilling Intrinsic Motivation

Make the future more tangible: Where do you see yourself in a week, a month, a year, or even 10 years?

There is a saying that "Energy flows where attention goes." So, perceive positive future outcomes.

Other ideas: Some people like to compete against themselves. Others fill out commitment cards and aim for winning streaks.

## Thought of the Month

***"If you want a different life, you must be a different person."***

— Benjamin Hardy, [Willpower Doesn't Work: Discover the Hidden Keys to Success](#)