

A GIFTED MINUTE

May 2021

St. Johns School District

May Motivation!



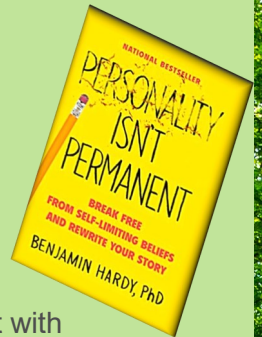
[Check out the 5 tips on this 50-second video to refuel motivation.](#)

Schoology: Our Gifted Schoology Group will remain active throughout the summer. The Schoology resource folder has tons of enrichment opportunities. The discussion boards will remain visible, however they will not be active for participation. However, students are welcome to complete them in a journal and share their discussion posts with me in August.

Gifted Progress Reports: Please be on the look out for Gifted progress reports 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.

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**