

Personal Mission Statement

"Writing or reviewing a mission statement changes you because it forces you to think through your priorities deeply, carefully, and to align your behavior with your beliefs."

– Stephen Covey

Stephen Covey: Personal Mission Statement

Purpose

Having a purpose means being driven by something larger than yourself.

Character Lab / Purpose Tools

Values Affirmation Research

- Multiple studies by professor Geoffrey Cohen of Stanford University and others have found that affirming one's values raises the test scores of minority students, and of female students in science and math classes.
- A reminder of one's core values seems to protect these students from "stereotype threat"—that is, concerns about their ability to succeed because of their gender or race.

Geoffrey Cohen / Values Affirmation Research

PERSONAL MISSION STATEMENT

Stephen Covey

<https://www.stephencovey.com/sample-mission-statements.php>

TOOLS FOR PURPOSE

Character Lab

<https://characterlab.org/tools/purpose>

CORE VALUES EXERCISE

Harvard

<http://www.nytimes.com/2015/08/02/education/edlife/how-to-live-wisely.html>

How to Play to Your Strengths

by Laura Morgan Roberts, Gretchen Spreitzer, Jane E. Dutton, Robert E. Quinn, Emily Heugly, and Miriam Berkus

Gretchen Spreitzer's Reflected Best Self Exercise

REFLECTED BEST SELF EXERCISE

Gretchen Spreitzer

<https://hbr.org/2005/01/how-to-play-to-your-strengths>

Managing Yourself: Turn the Job You Have into the Job You Want

by Amy Wrzesniewski, Justin M. Berg, and Jane E. Dutton

Amy Wrzesniewski's Job-Crafting Exercise

PERSONAL MISSION STATEMENT

Amy Wrzesniewski

<https://hbr.org/2010/06/managing-yourself-turn-the-job-you-have-into-the-job-you-want>

MITRA: TRACK WHAT MATTERS MOST

Mitra: A mobile app that helps align our core values with our daily lives

MITRA: TRACK WHAT MATTERS MOST

The Dalai Lama Center for Ethics & Transformative Values at MIT & HopeLab
 App Available in iTunes and Google Play
<http://www.mitra-app.com>



Transformative Teachers

TRANSFORMATIVE TEACHERS

Dalai Lama Center for Ethics & Transformative Values

www.mass.pbslearningmedia.org/collection/transformative-teachers

Creating More Compassionate Classrooms

By Joshua Block at Edutopia

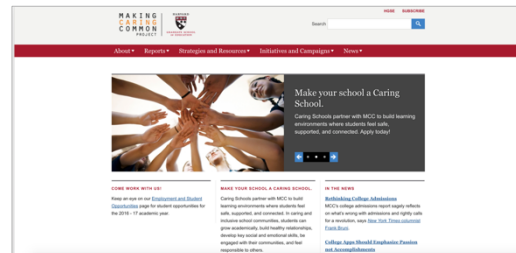
1. Remembering to Check In
2. Informal Conferencing
3. Increasing Personal Connections With Content
4. Asking Better Questions
5. Expressing Belief in Student Abilities
6. Being Flexible and Accepting Failure When It Happens

Edutopia / Creating More Compassionate Classrooms

CREATING MORE COMPASSIONATE CLASSROOMS

Edutopia

<http://www.edutopia.org/blog/creating-more-compassionate-classrooms-joshua-block>

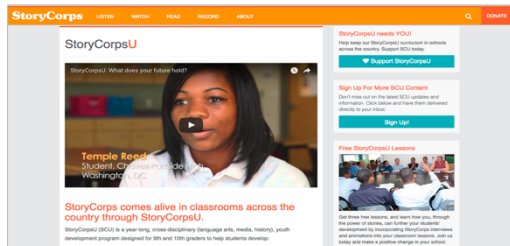


Making Caring Common

MAKING CARING COMMON

Harvard

<http://mcc.gse.harvard.edu>

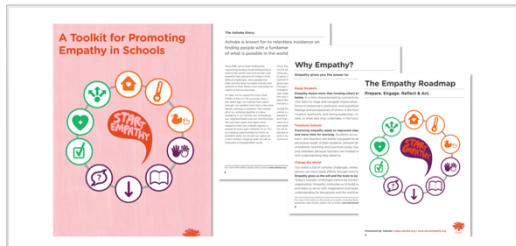


Story Corps

STORY CORPS

PBS

<https://storycorps.org/storycorpsu/>

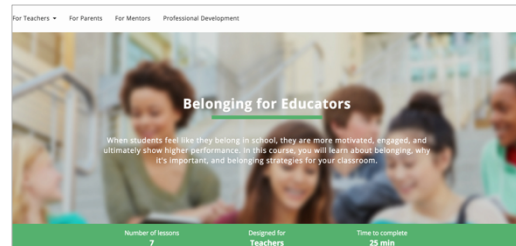


Start Empathy Toolkit / Ashoka Fellows

START EMPATHY TOOLKIT

Ashoka Fellows

<https://startempathy.org/resources/toolkit/>

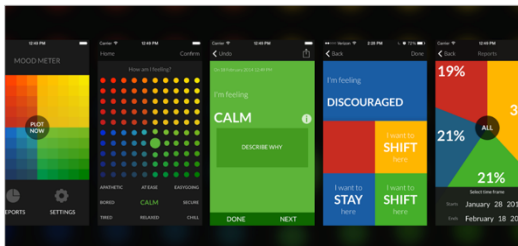


Mindset Kit Online / Belonging for Educators

BELONGING FOR EDUCATORS

Mindset Kit Online

<https://www.mindsetkit.org/belonging>



Mood Meter: An app that allows users to record their emotions to build emotional awareness and helps "shift" users into positive emotional states.

MOOD METER

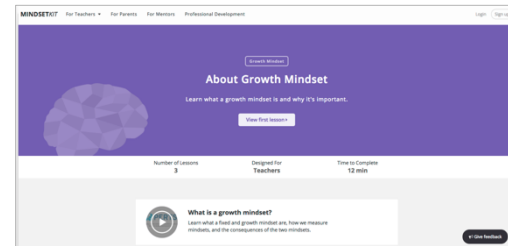
Yale Center for Emotional Intelligence & HopeLab
App available on iTunes and Google Play
<http://moodmeterapp.com>



Great Kids Parenting Cue Cards: Answers to tough parenting situations

PARENTING CUE CARDS

Great Kids & HopeLab
<http://www.greatschools.org/gk/cue-cards/>



Mindset Kit Online / About Growth Mindset

GROWTH MINDSET

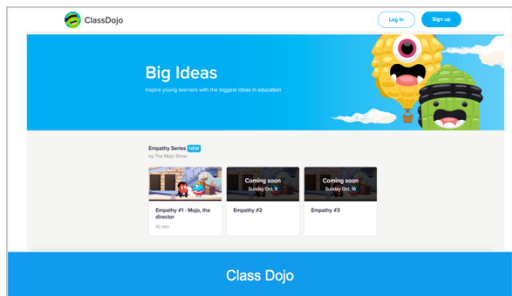
Mindset Kit Online
<https://www.mindsetkit.org/topics/about-growth-mindset>



Stop, Breathe, & Think App

STOP, BREATHE, & THINK

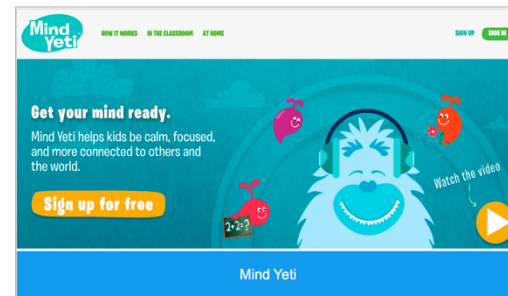
Guided meditation for everyday emotional wellness
<http://www.stopbreathethink.org/>



ClassDojo

CLASS DOJO

Empathy & Growth Mindset Videos
<https://ideas.classdojo.com/>



Mind Yeti

MIND YETI

Committee for Children
<http://www.mindyeti.com/>

Feeling deflated?
Pump up the positivity.

HOW TO BUILD...

Greater Good in Action

GREATER GOOD IN ACTION

Greater Good Science Center, UC Berkeley & HopeLab
<http://ggia.berkeley.edu/>

inspired

Social and Emotional Learning (SEL) and School Climate

Social & Emotional Learning: InspirED

inspirED

Yale Center for Emotional Intelligence, Facebook & Born This Way Foundation
<https://inspired.fb.com/>

CASEL Collaborative for Academic, Social, and Emotional Learning

Collaborative for Academic, Social, & Emotional Learning (CASEL)

CASEL

Collaborative for Academic, Social & Emotional Learning
<http://www.casel.org/>

Hey SIGMUND

our 'second brain' & stress, anxiety, depression

overcoming anxiety

mindfulness for kids: 11 ways

Hey Sigmund

HEY SIGMUND

Karen Young
<http://www.heysigmund.com/>

Tools for families

Family Charter: shared goals, shared feelings

What is the Family Charter?

Tools for Families / Great Schools & Yale Center for Emotional Intelligence

TOOLS FOR FAMILIES

Great Schools & Yale Center for Emotional Intelligence
<http://www.greatschools.org/gk/yale-tools-for-families/>

Common Sense Education

Discover the best apps, games, and websites and learn best practices for teaching with technology

Teaching Tips and Tricks

Common Sense Education

COMMON SENSE EDUCATION

Common Sense Media
<https://www.commonsense.org/education/>