



Paul Bernabei
paul@top20training.com

FOLLOWING OUR NORTH STAR: THE MOTIVATIONAL POWER OF PURPOSE

Flourishing Happens When Alignment Happens

Alignment: Core → Inner Life → Outer Life

- Core: Identity + Worth + Purpose
- Inner Life: Thoughts + Beliefs + Feelings + Values
- Outer Life: Behaviors + Actions
- The LOOP -- Living in the Land of Other People: OPOs (Opinions) + OPEs (Expectations) + OPAs (Agendas)

Top 20s Know Their Purpose: What's My North Star?

"The two most important days in your life are the day you are born and the day you find out why."
Mark Twain

True Purpose comes with Potential

- Our potential is what we are capable of becoming or doing.
- Potential is not determined by what's in our head, but by what's in the Core of our being.
- Unfortunately, our potential can be blocked by what's in our head. We can have thoughts and beliefs that result in choices we make that prevent our potential from becoming a reality.

What potential am I aware of within myself
that indicates what my true purpose might be?

Reflection: *Hope for the Flowers* by Trina Paulus

1. Who has been my gray-haired caterpillar?
2. What challenge or struggle have I experienced that resulted in developing my potential?
3. What challenge or struggle am I currently experiencing that could develop my potential?
4. Yellow helped Stripe discover his potential. Who needs me to be Yellow for them?

Purpose: What is my **purpose** as an educational leader? What is my professional mission?
What is the most important thing I want to achieve? What do I value most?

Staying on Purpose

Responding to Hits: From Above the Line: Hit Comes → Pause (Insert Purpose/Value) → Respond

From Below the Line: Hit Comes → React

If I put a pause between the Hit and the Action, which of my core values would I insert?

Purpose Keepers: What can I do to lock in to my purpose and maintain alignment?

1. Fix it in my seat before I take it to the Street.
2. Linking: connecting my value to the negative emotion I experience when Hits come.
3. Identify a peer partner.
4. Have a physical object as a reminder.
5. Using a purpose chant with my students or staff.
6. Practice the pause.

Reflection: Making a Conscious Choice

- A. What challenge or hit is likely to occur in my role in the next week?
- B. What can I do to prepare myself in order to respond from purpose or value?

Take-away: What is my biggest take-away from this session? What power have I become aware of during this session?

Top 20 Curriculum: For grades K-6, 3-6, and 7-12

Top 20 Books:

Top 20 Teens: The Best-kept Thinking, Learning and Communicating Secrets of Successful Teenagers
Top 20 Teachers: The Revolution in American Education
Top 20 Parents: Raising Happy, Responsible and Emotionally Healthy Children
Why Students Disengage in American Schools and What We Can Do about It
Rebalanced Thinking, Rebalanced Living: Developing Your Inner Life through Social-Emotional Learning

For information on Becoming a Top 20 School,
contact Paul Bernabei, Director of Top 20 Training, at paul@top20training.com or 651-470-3827.
To order Top 20 books or materials, go to www.top20training.com.