

TAKE CARE OF YOURSELF!!!

Jimmy Feeney III

Admin Days 2015

1800

- Deep Work Experiments
- Rise To Do Later
- Next/Previous/Off
- Softness
- Moments of Insight
- Anxiety is Good
- 15/15/15
- New Neural Pathways

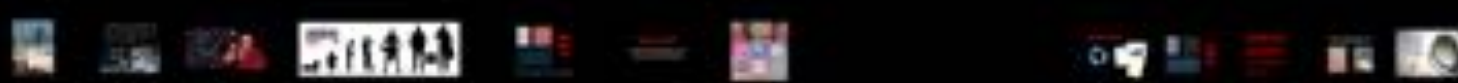


1800

- Fatigue
- Endorphins
- Confidence
- Energy
- Equipment
- 10/20
- Rest 10
- Focus
- Sleep Quality
- 100 & 9.90



- Satisfaction of Work
- Be Your Best Version
- Live Intentionally
- 15/5 - 1
- Take Your Break Off
- Set Intentions, Day Dream
- Spend Your Day Working Intently
- Intimacy



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**Corona,
Extra**



CERVECERIA MODELO, S.A. DE C.V.
HECHO EN MEXICO

CONT. NET. 355 ml

"It was right then that I started thinking about Thomas Jefferson and the Declaration of Independence and the part about our right to Life, Liberty and the Pursuit of Happiness. I remember thinking, how did he know to put the pursuit part in there, that maybe happiness is something that we can only pursue and maybe we can never have it, no matter what."

- The Pursuit of Happiness, 2006



The Dalai Lama, when asked what surprised him most about humanity, answer "Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then he dies having never really lived."





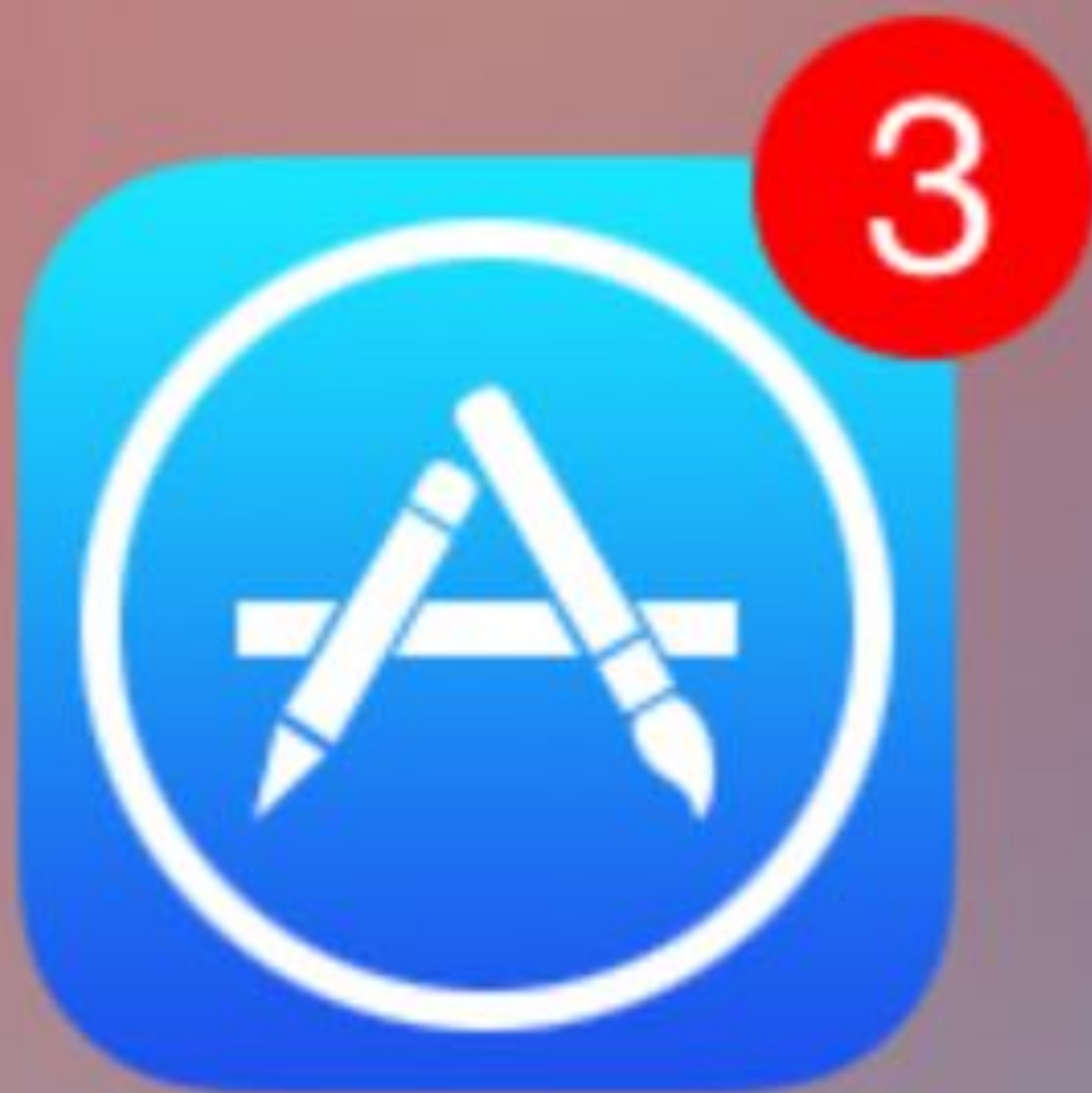


**MIND
BODY
SOUL**

STRUCTURES FOR SUCCESS

GOAL FOR TODAY

**To find one idea you plan to try
in your pursuit of happiness.**



e App Store

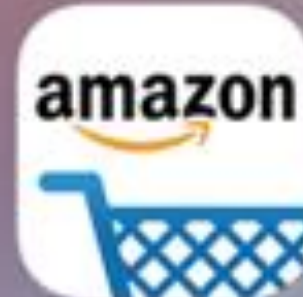
Shopping



iTunes Store



App Store



Amazon



RetailMeNot



H&M

MIND

- Drop Work Organizers
- No 'To Do Lists'
- Notifications Off
- Stillness...
 - Moments of Insight
- Anxiety is Good
- 15/15/15
- New Neural Networks



NOTES

DATE

TOP 6

.....

	NEWSLETTER	
	MARZANO TEAM	TEAMMATES
INTERVENTION TEAM		
	BOARD	ADMIN
	PD - PLC	CURRICULUM
		STAFF
		TESTING

DATE

DATE		
AM	MONDAY	TU

DATE

Class Period
Out (10:00)

MS Period
Shout (11:30, 12:45)

Disrupt Period
Roof (1:15-2:00)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM					
7:30-8:30		7:30 Vision Team			
8:30-11:30				1st - Ashley	
11:30-1:00					
1:00-3:00			5 th - Steven		
			6 th - Sarah/Celia		
3:00-3:15			8 th - Erin 8 th - Steve	8 th - INTV Team	
3:15-4:30	3:15 Vision Team				
PM				ATL, Disc Log, TaDir's, + Notes	

MS:

DISRUPT:

NOTES

DATE

TOP 6

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Inbox

Luv Sortd? Please vote it up on Product Hunt!

Account: jgillmorey@homeremedia.com | 14 invites left

COMPOSE

hide inbox

Show unread

- TCI Subscriptions 8:19am
TO: Subscription Instructions (DRD20616)
- Jeanette, Cory 8:13am
Re: YouTube Video
- Sypal, Lora 22 Jul
2015 NDE Day - Admin Days Has Gone Mobile!

TO DO

Idea
@ Trisa Hoffbush

AWE-Some
@ Trisa Hoffbush

+

FOLLOW UP

NAEP 2016
@ Snyder, Jimmy Farney, Cory

+

PRINT

DAC-N-TAC Update June 16, 2015
@ Peterman, Tammi

BIST survey results
@ Stacy Schleutener

+

Gmail

MIND

- Drop Work Organizers
- No 'To Do Lists'
- Notifications Off
- Stillness...
 - Moments of Insight
- Anxiety is Good
- 15/15/15
- New Neural Networks





BODY

- Exercise...
 - Endorphins
 - Confidence
 - Energy
- Enjoyment
- 80/20
- Wait 10
- Fresh
- Sleep Quality...
 - 7:00 & 0:30





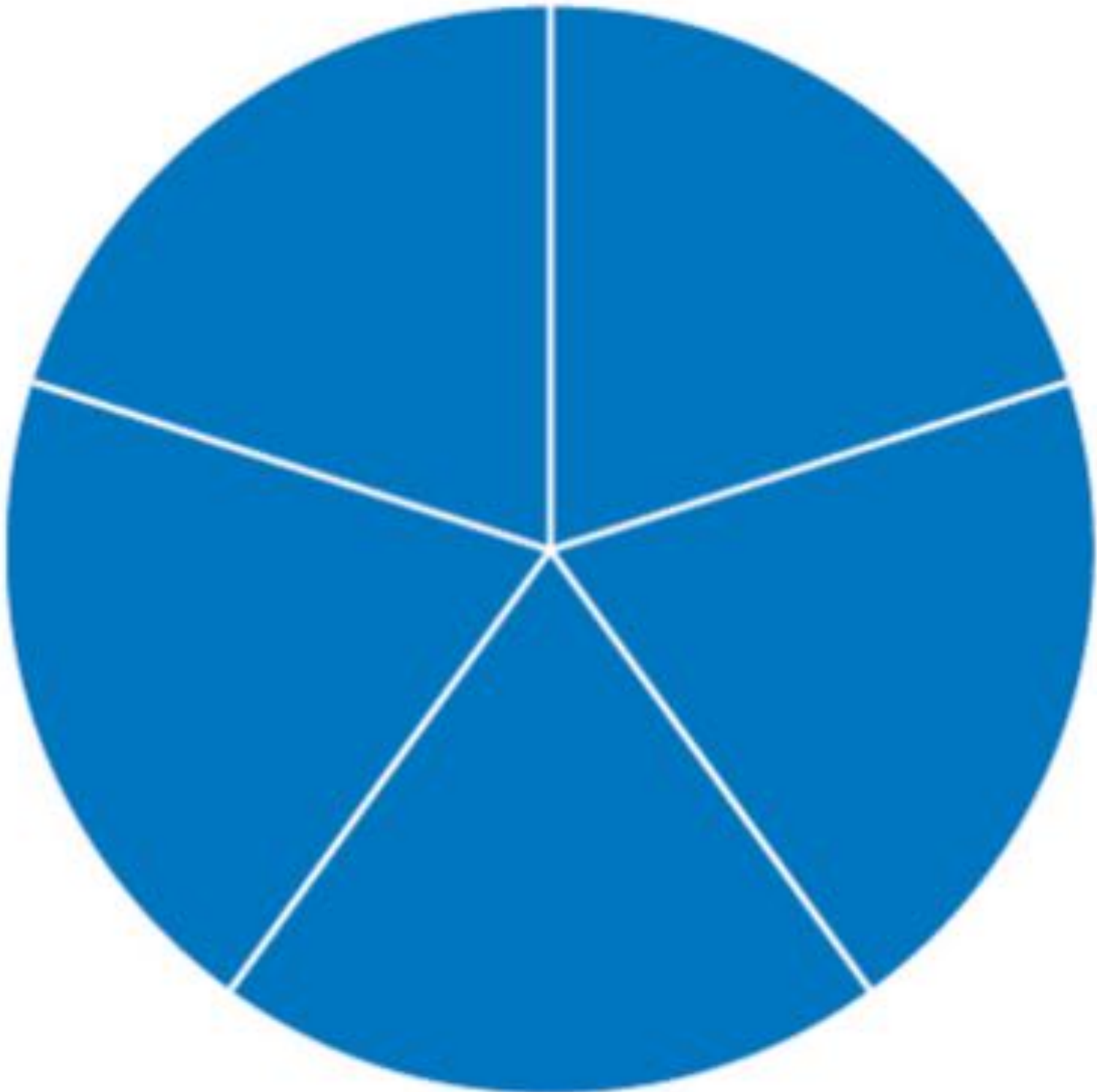
You Tube



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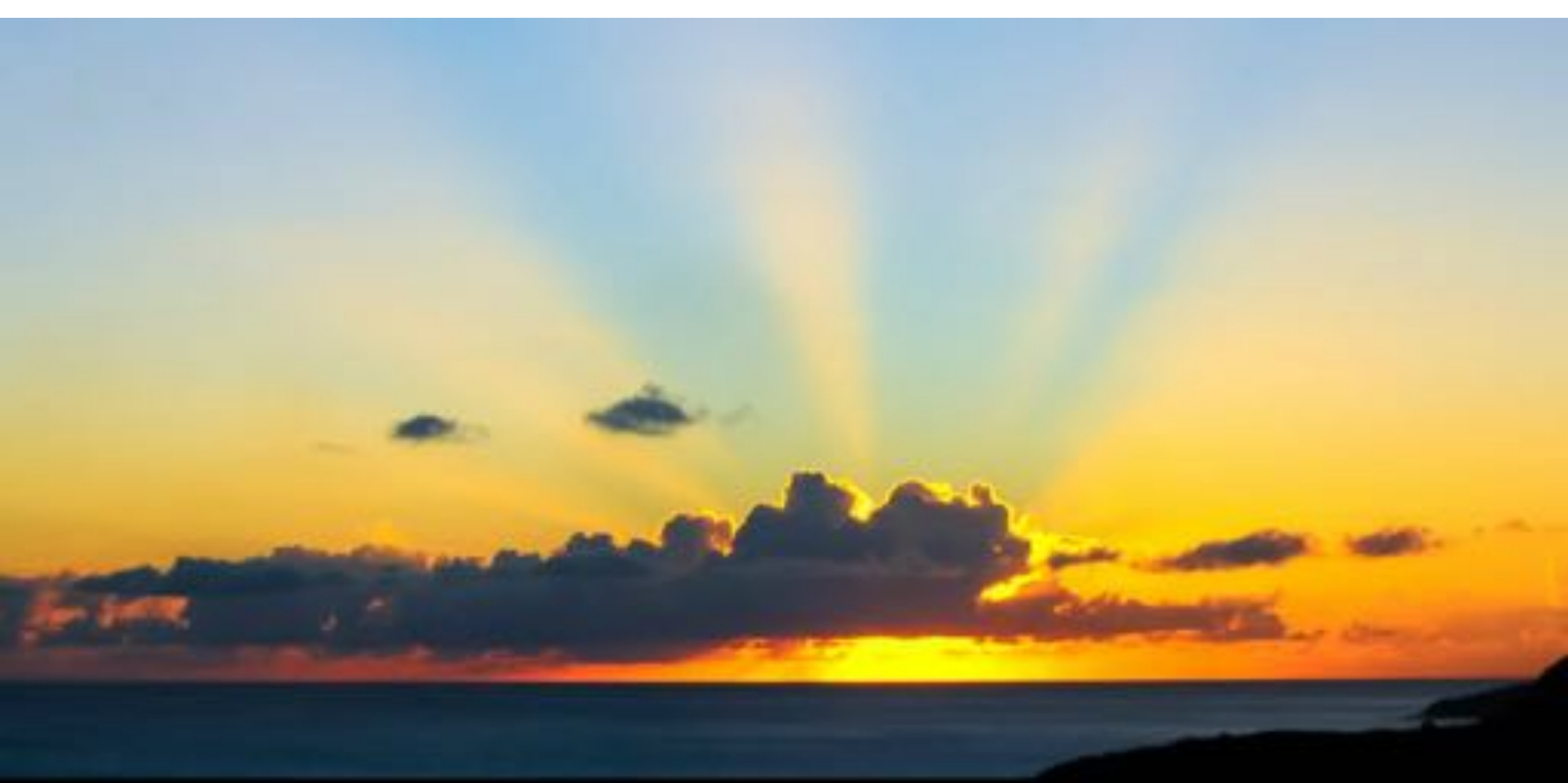




BODY

- Exercise...
Endorphins
Confidence
Energy
- Enjoyment
- 80/20
- Wait 10
- Fresh
- Sleep Quality...
7:00 & 0:30





SOUL

- Satisfaction at Work
- Be 'For' not 'Against'
- Limit Negativity
- 15/5 - 1
- Take Your Shoes Off
- Set Intentions...Day Dream
- Start Your Day Looking Inward
- Gratitude's

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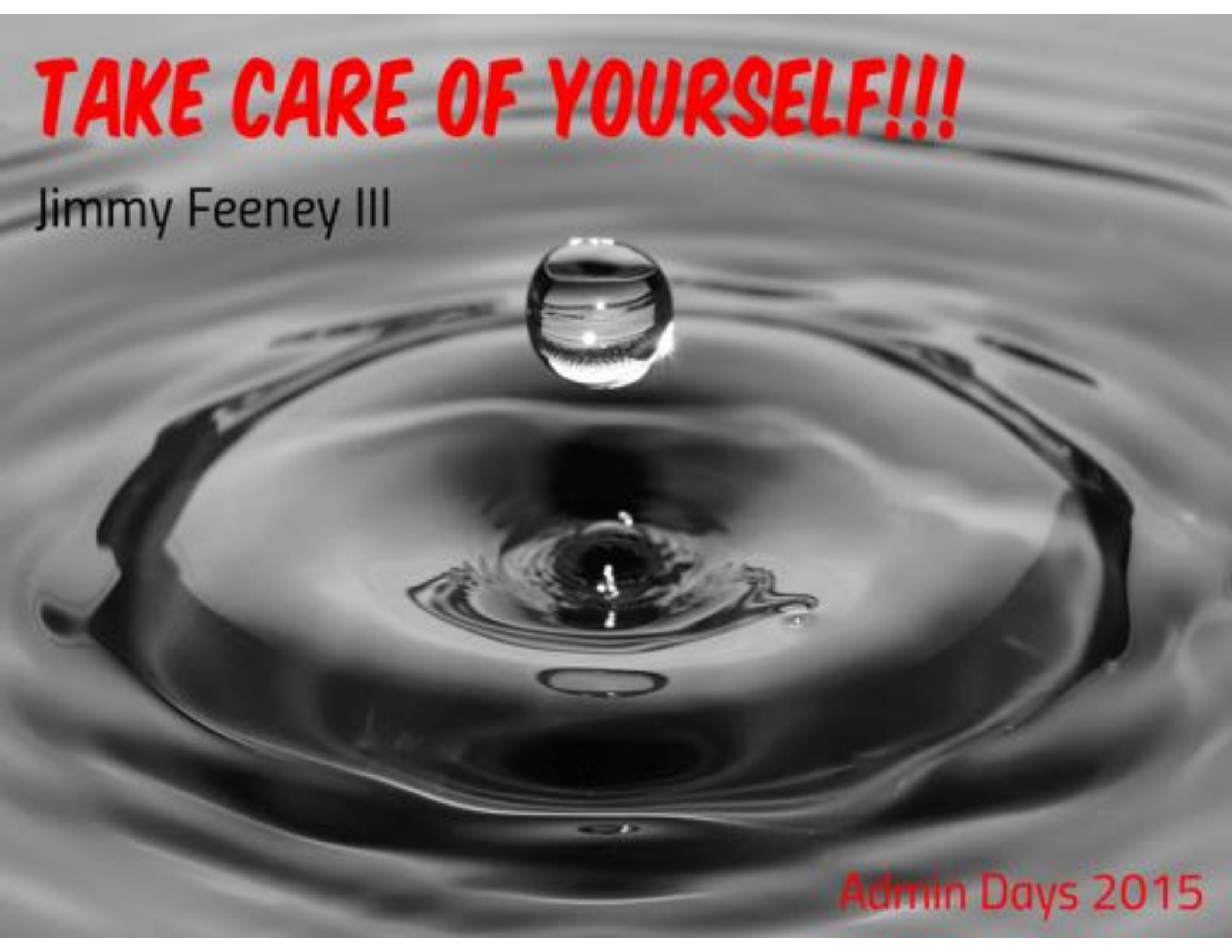
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You Tube

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LIMITING FACTORS



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2

43mo

LIMITING FACTORS





MIND
BODY
SOUL

- **A CHANGE TAKES A COMMITMENT AND SOME FORM OF DISCOMFORT**
- **PROGRESS IS GETTING NEARER A PLACE THAT YOU WANT TO BE**
- **6 WEEKS TO CREATE A ROUTINE**
- **1 THING AT A TIME**

To find one idea you plan to try
in your pursuit of happiness.



"If you look good,
you feel good.
If you feel good,
you play good.
If you play good,
they pay good."



Take Deion Sanders' advice... **GO GET PAID!**