

Keeping Your Battery Charged When Powering Down is not an Option

Participant Guide

Poll #1 <https://forms.gle/iBHx5vVJ1nrStBRr6>



Poll #2 <https://forms.gle/ksv7ZaWQVD8k5ndx5>



The Empowering 8: Regular Practices and Habits that Support Your Best Possible Self

- Not an exact science; Best Possible Self (BSP) may vary according to conditions
- However, these habits are important for survival AND thrival
- Results of these practices/habits and manifestations of BSP vary from person to person
- 80/20 theory applies (BSP is not perfectionism.)
- Less is more over the long-term. Small changes → big improvements
- Prioritizing self over others AND consideration for others are both necessary.

Please complete the following as guided by the facilitator. This is meant to be individualized for you. Blue background = Reflective and personal to you
Green background = Involves an activity in which you will be asked to contribute a response.

1: Tangible Consumption Tangibles I need to consume <i>less</i> : <hr/> <hr/> Tangibles I need to consume <i>more</i> : <hr/> <hr/>	2: Intangible Consumption Intangibles I need to consume <i>less</i> : <hr/> <hr/> Intangibles I need to consume <i>more</i> : <hr/> <hr/>	3: Control Issues Need to let go or redirect away from: <hr/> <hr/> Need to direct energy toward: <hr/> <hr/>	4: Boundaries A boundary I <i>already</i> enforce: <hr/> <hr/> A boundary I need to set and enforce: <hr/> <hr/>
5: Authenticity I compromise my authenticity (and deny others authenticity) by: <hr/> <hr/> I empower my authenticity (and others' authenticity) by: <hr/> <hr/>	6: Compassion I lack self-compassion and/or compassion for others when I: <hr/> <hr/> I practice self-compassion and/or compassion for others when I: <hr/> <hr/>	7: Connection Connections to get distance from: <hr/> Connections to nurture: <hr/> Detach with love: <hr/> Increase my energy toward: <hr/> <hr/>	8: Communication <ol style="list-style-type: none"> 1. Listen to understand. 2. Validate, even when in disagreement. 3. Get comfortable with disagreement. 4. Speak my truth (e.g., needs, information, suggestion). 5. Be selective about when and with whom I share my truth.

ADDITIONAL RESOURCES

Table of Integrated Healing Strategies (Mind, Body, & Spirit)



The Empowering 8 in Educators' Practices



For further questions, comments, or to request further resources, please contact Dr. Brandi Ansley, Associate Professor of Special Education at Central Michigan University, at ansle1b@cmich.edu.