

WEEK  
OF:

# Your Sunday Night Blueprint





# What's Giving You Anxieties?

Name them, List them & Explore them

## Directions:

Think about potential challenges upcoming this week. What is causing anxieties? After you list your top 5, dig deeper by asking yourself why its happening, what bothers you about this event, why is affecting your peace of mind.

**Example** The parent-requested conference

The parent did not give a reason for the requested conference, and I am not sure if they will be confrontational.

03 \_\_\_\_\_

Why?

01 \_\_\_\_\_

Why?

04 \_\_\_\_\_

Why?

02 \_\_\_\_\_

Why?

05 \_\_\_\_\_

Why?

Circle the one that actually affects student learning. Cross out the rest.

What did you  
learn from this  
exercise?





# Empathy Mapping

What are they **doing**?

What are they **saying**?

## Directions:

Think of someone that you work with (student, coworker, supervisor, employee, etc. that you want to improve your working relationship with.

What might they be **feeling** (sad, frustrated, proud, etc.)?

What might they be **thinking** (Waste of time, it isn't my job, etc.)?



## Architect:

What specific actions will you take tomorrow to better your relationship? What will you **say**, what will you **do**?

In this exercise you will put yourself in their shoes by speculating where they may be coming from, so you can construct positive, more empathetic interactions with them.



# Reflective Practices

Decide when and where you will dedicate time to reflect on your work.

When:

Where:

Write down 3 key takeaways from your reflection:

1.

What Did I Learn?

2.

What Will I Change Next Week?

3.

How Does This Move Me  
Towards Mastery?



# Let's elevate your practice.

# Together, we'll architect mastery!



Free Design Session

In our first meeting, we will identify your top areas of growth, develop a plan and work together in a high-trust, high-impact environment.

