

The two-minute version

Three things make up your state: your physiology, your focus, and the meaning you give what happens. Each one has to be chosen. None of them chooses itself.

Between classes — ninety seconds

In the hallway, at your desk, with the door shut. Nothing to log.

PHYSIOLOGY

Name it, let it move, take care of it. One honest word — no word is off limits. Sit with it for ninety seconds without adding a story about what it says about you. Then ask what the feeling needs: a long exhale, water, a door closed for five minutes. Give it that. Then go do the thing.

FOCUS

Point at what went right and what's still possible.

"I handled that better than I did last time."

"This is a new day. Let's try this again."

MEANING

Decide what it meant before you walk in.

"They're having a hard time, not giving me a hard time."

"I can make a difference in this kid's life."

End of the day — the full-cup check

Two minutes in the car, or on the back of whatever's already on your desk.

FOCUS

Three wins. However small. The kid who tried, the sentence that finally landed.

FOCUS

Three gratitudes. A person, a moment, an opportunity, help you didn't have to ask for — or something you'd normally walk right past.

PHYSIOLOGY

What took your energy — and one small thing that gives some back. Water, five minutes with the door shut, a text to the person who makes you laugh.

MEANING

What did you decide today meant? And is that the meaning you want to carry into tomorrow?

Two names

The one who keeps me going — a student, or the teacher I had: _____

The one who needs me now, and won't know it for years: _____