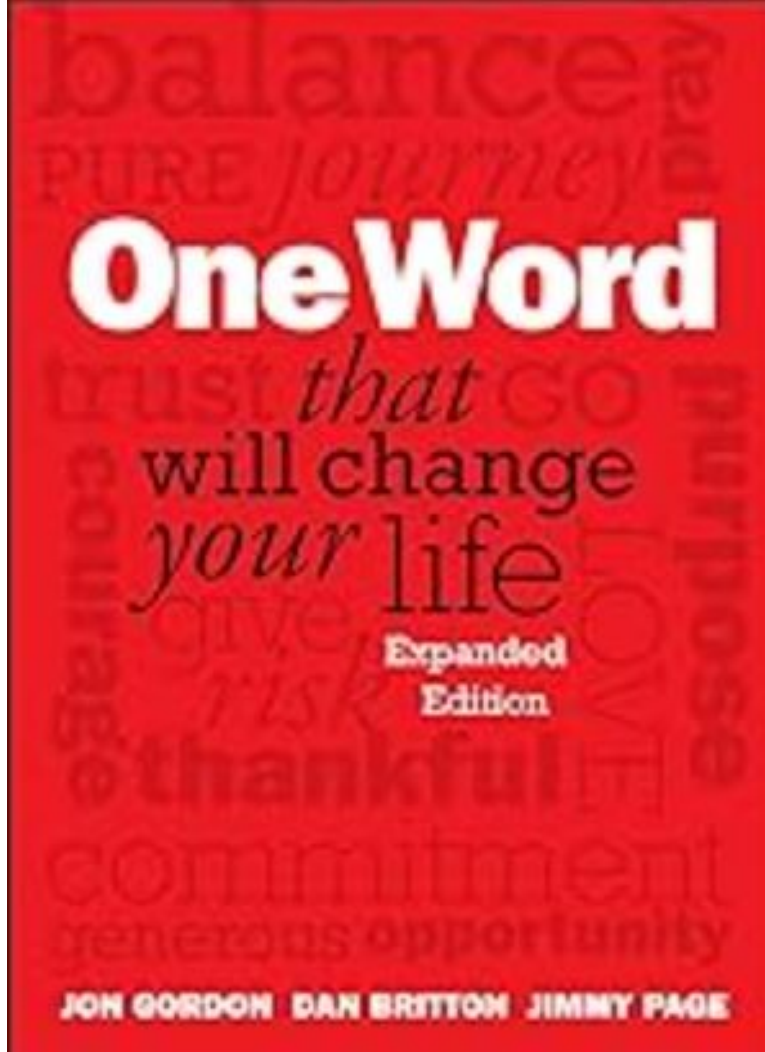


# Book of The Month- March 2024

Shared by Melissa Judy



*As a student council advisor for twenty years and as a new high school administrator I am always looking for resources to create clarity, power, passion, and life change within myself and the teams I am part of. This philosophy of focusing on ONE WORD stuck with me. This suggested SIMPLE process of finding and focusing on a single word gave not only me, but my team, a more renewed purpose & provided me with a more laser like focus on what was truly the most Important In my (our) life.*

# Action Plan- The one word process

## Prepare Your Heart: Look In

Take the time to get away from the noise and distractions of life, and create an environment to look inward, quiet your mind, and listen to your heart.

1. What do you need?
2. What's in my way?
3. What needs to go?

## Discover Your Word: Look Up

Ask God to reveal your word to you by asking,,, What do you want to do in me and through me?

## Live Your Word: Look Out

Once your word is discovered then live it

1. Keep your word front & center by writing down 3 things you will do to make sure you have regular reminders of your word
2. Share your word with your support team. List 3 people you will share it with.
3. Spread the word with others

## Spread The Word

Share your excitement & journey about your word

*"Your word shapes your character. Your character influences your actions. Your actions influence others. The lives you touch and the impact you have determine the story that will be told about you tomorrow."*

- John Gordon (author of One Word)

I AM

Because

WE ARE

## Sharing My One Word

**Ubuntu-** This was the word our student leadership team came up with for the theme of the year. This word became a unifying force for our team members, and their commitment and loyalty to one another. The word gave them a focus to center on and an awareness of staying together as they led our student body, faculty, and staff. Our word Ubuntu comes from an African Tribe which means: I am because we are. Through the journey of the year with all the activities, assemblies, meetings, and interactions with one another we learned together that no one can be truly happy while others are miserable. It was inspiring to watch as we focused together on the word which reminded us daily through the good, bad, hard, and the ugly that we really exist because of others. We focused, learned, and had a broader perspective of each person's individual circumstances which made us stronger together.