



ADAM WELCOME

Teacher Life Balance

Website: mradamwelcome.com

Twitter: [@mradamwelcome](https://twitter.com/mradamwelcome)

Instagram: [@mradamwelcome](https://www.instagram.com/mradamwelcome)

A little bit about Adam

- ❑ Former elementary school teacher, vice principal and principal.
- ❑ Currently travels the country as a keynote speaker.
- ❑ Co-author of [Kids Deserve It](#), co-author of [Empower Our Girls](#) and author of [Run Like A Pirate](#).

Why do we struggle with balance?

- We feel the pressure to be “Pinterest perfect”.
- We feel the need to do things that are not sustainable.

How do you choose what to invest your time in?

- What is the KDI (kids dig it) factor?
 - Are kids enjoying what you’re doing?
 - Invest in what the kids enjoy.
 - Where do you begin?
 - Start with one lesson and make it more engaging.

What do we do when we have lots of things on our plate and we feel overwhelmed?

- Put everything up on your whiteboard and look at all of the things you have going on.
 - Only bring what is really important.
 - Ask yourself what the impact truly is.
 - You may have to get rid of the things that you truly enjoy if they aren’t making an impact.

- Pick 3-5 things to focus on and find people who can help you.
- Write down 3 things each night that you want to accomplish the next day.
 - Ask others to help you stay accountable.

"You can't sprint a marathon."

Surround yourself with people who are going to make a positive impact on you.

- If you are feeling like you are on an island you may need to make changes to feel more connected and heard.
 - This may mean changing grade levels or schools.
- You have to be positive too and attract others to you.
- Social media can be your place to connect with others who make you feel heard.
 - Social media can open the world for educators who might otherwise feel like they are on "educator island".

Does work-life balance really mean that when one goes up the other goes down?

- When you are better at home you are better at work.
- Be fanatical about what you love and make sure you give priority in your life to those things.
- You don't have a "work life" and a "personal life" you have a life.

The value of taking a moment to just pause.

- Go on a "vision quest" with your colleagues.
 - Look back and look forward to making a plan for the future.
 - Put the ideas out there and see what sticks.

Related posts on the Ditch That Textbook blog:

- [Just pause.](#)