



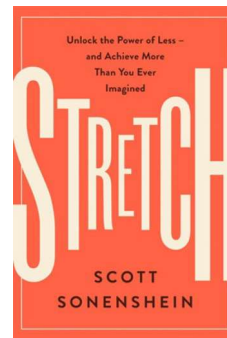
NEW VOICES

Getting Unstuck: A Story of
Reigniting the Teaching
and Lesson Planning Spark
Beata Paliriska

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education



WORD



Austin Kleon & Francis Ford Coppola

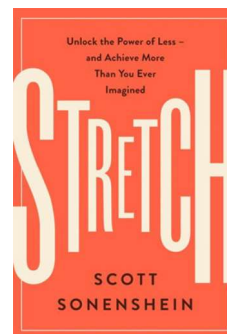


secret sentence



one word → SUCCESSION

BOOK



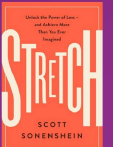
CHASING MINDSET

NEW
VOICES



APPRECIATE

NEW
VOICES



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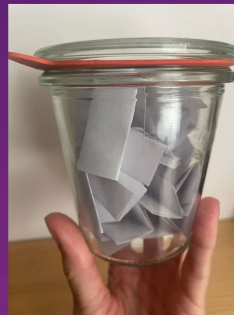
STRETCHING MINDSET

NEW
VOICES



APPRECIATE

NEW
VOICES



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WORKOUTS TO STRENGTHEN THE STRETCH

NEW
VOICES

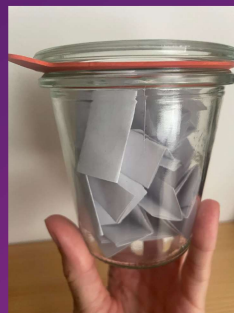
JUST SAY NO
FIND A SLEEPING BEAUTY
GO EXPLORE
TAKE A BREAK
PICK NEW NEIGHBOURS
APPRECIATE
SHOP YOUR CLOSET

PLAN BACKWARD
SCRAMBLE THE BACK ROW
MAKE MIDYEAR RESOLUTIONS
BREAK IT DOWN
TURN TRASH INTO TREASURE
ANY MAP WILL DO



APPRECIATE

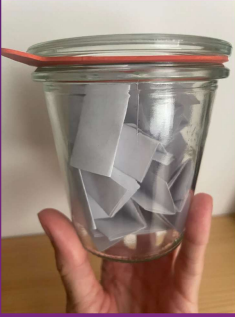
NEW
VOICES



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APPRECIATE

NEW VOICES



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SHOP YOUR OWN CLOSET

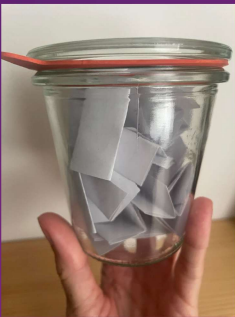
NEW VOICES



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APPRECIATE

NEW VOICES

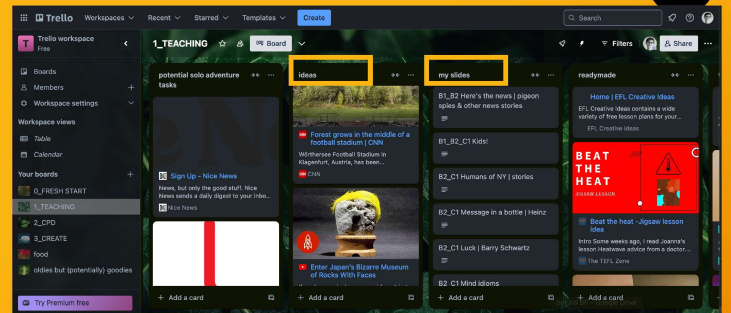


Created by AnalyticIcon from Noun Project

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SHOP YOUR OWN CLOSET

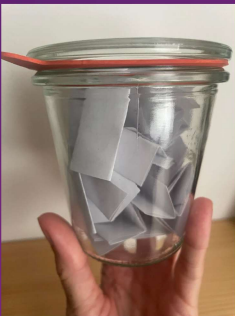
NEW VOICES



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APPRECIATE

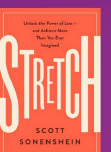
NEW VOICES



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MAKE MID-YEAR RESOLUTIONS

NEW VOICES



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MAKE MID-YEAR RESOLUTIONS



Write. Pick a receiving date. **Send.** Verify. That's it! 🎉
Your letter is **safe** with us - we've sent over **20 million letters** in 20 years!

Dear FutureMe,

Full name

Deliver to: 6 months 1 year 3 years 5 years 10 years Or choose a date

Select your audience: Private Public, but anonymous

Make sure you get your letter: Please enter an email

Please enter an email

Pick your date: Send just this letter Free Send this letter + Support FutureMe 9 at

You will receive a confirmation email - please make sure you send letters to correct @futureme.com and signing up for FutureMe you agree to our [Terms of use](#)

begin mail

Send to the Future

futureme.org



PLAN BACKWARD



PRONUNCIATION

practice: listen & repeat

<https://dictionary.cambridge.org/pronunciation/english/heard>

smuggle these in next time we meet

- Have you *heard* about that?
- I'm not sure I've ever *heard* about that.



MAKE MID-YEAR RESOLUTIONS



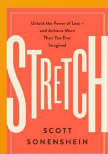
PLAN BACKWARD



<p>1</p> <p>The way I see it...</p> <p>From my experience, ...</p> <p>That's not always the case.</p>	<p>2</p> <p>The ___ I see it...</p> <p>___ my experience, ...</p> <p>That's not always the ____.</p>	<p>3</p> <p>The way I see it...</p> <p>From my experience, ...</p> <p>That's not always the case.</p>
<p>4</p> <p>The way I ___ it...</p> <p>From my ___, ...</p> <p>That's not ___ the case.</p>	<p>5</p> <p>The way I see it...</p> <p>From my experience, ...</p> <p>That's not always the case.</p>	<p>FOLLOW-UP</p>



PLAN BACKWARD

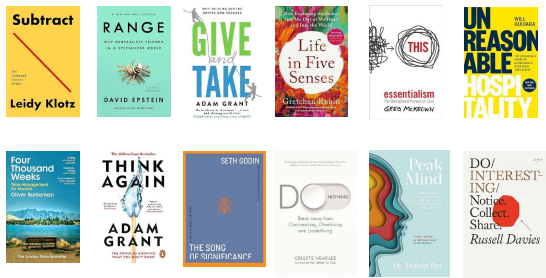


GO EXPLORE



WHAT'S NEXT?

NEW
VOICES



SOURCES

NEW
VOICES

- Scott Sonenshein, Stretch, Unlock the Power of Less - and Achieve More Than You Ever Imagined
- <https://austinkleon.com/2022/12/21/in-one-word/>
- <https://austinkleon.com/2019/11/13/a-secret-sentence/>
- <https://www.futureme.org/>
- <https://pixabay.com/illustrations/prague-library-prague-monastery-980732/>
- <https://iStock.com/photos/14211/red-envelope>
- <https://iStock.com/photos/110n-stretch-africa-safari-nature-5389157/>
- <https://unsplash.com/photos/cheetah-running-on-brown-field-340T6N-nuc>
- <https://unsplash.com/photos/man-standing-on-cliff-5TieVep7X0k>
- Pigeon photo: Now This account (Instagram)
- Heinz photo: Heinz account (Instagram)
- ICONS: <https://thetinyproject.com/>
- ICONS: <https://www.flaticon.com/>
- BOOK COVERS: <https://www.amazon.com/>

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