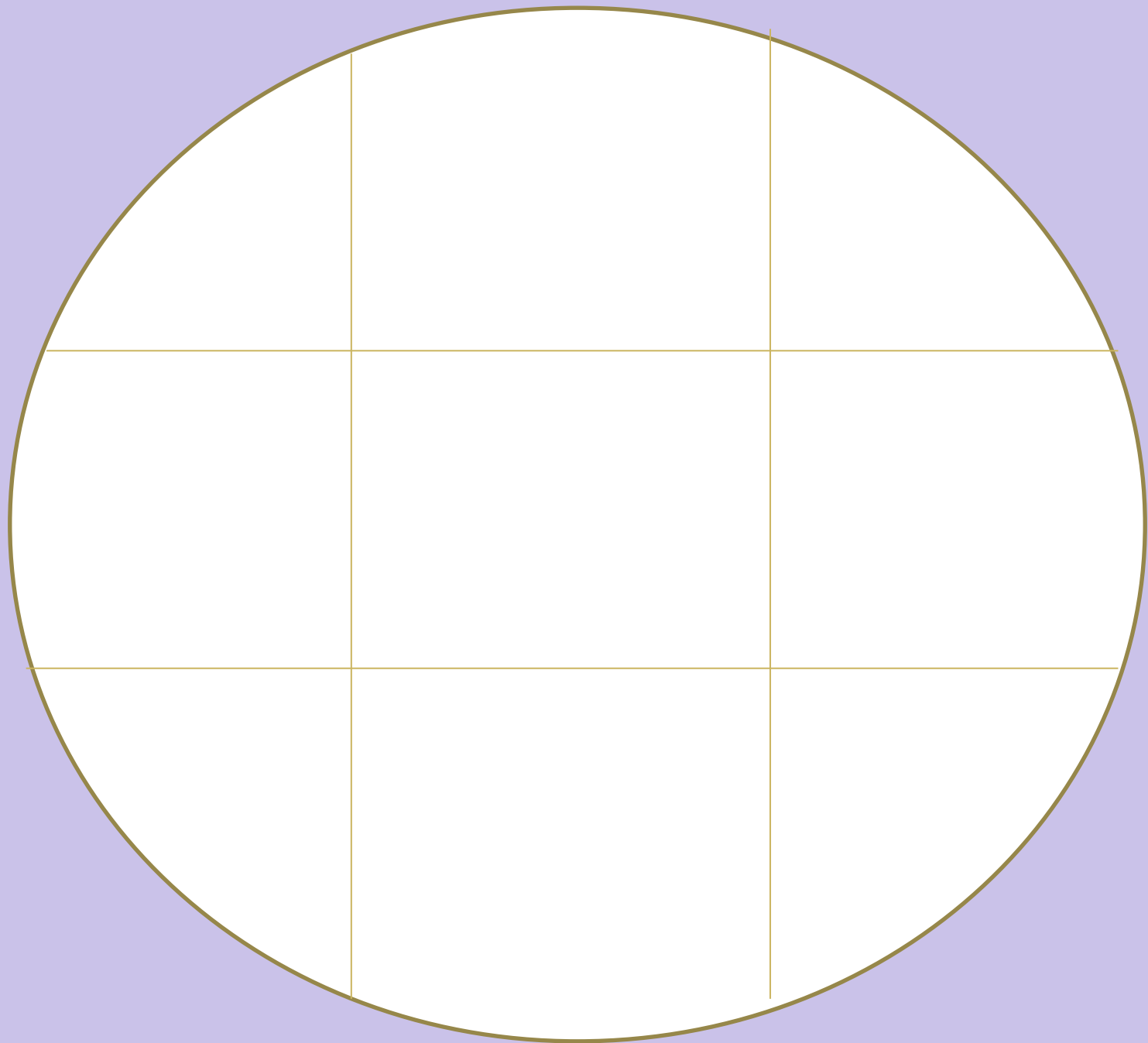


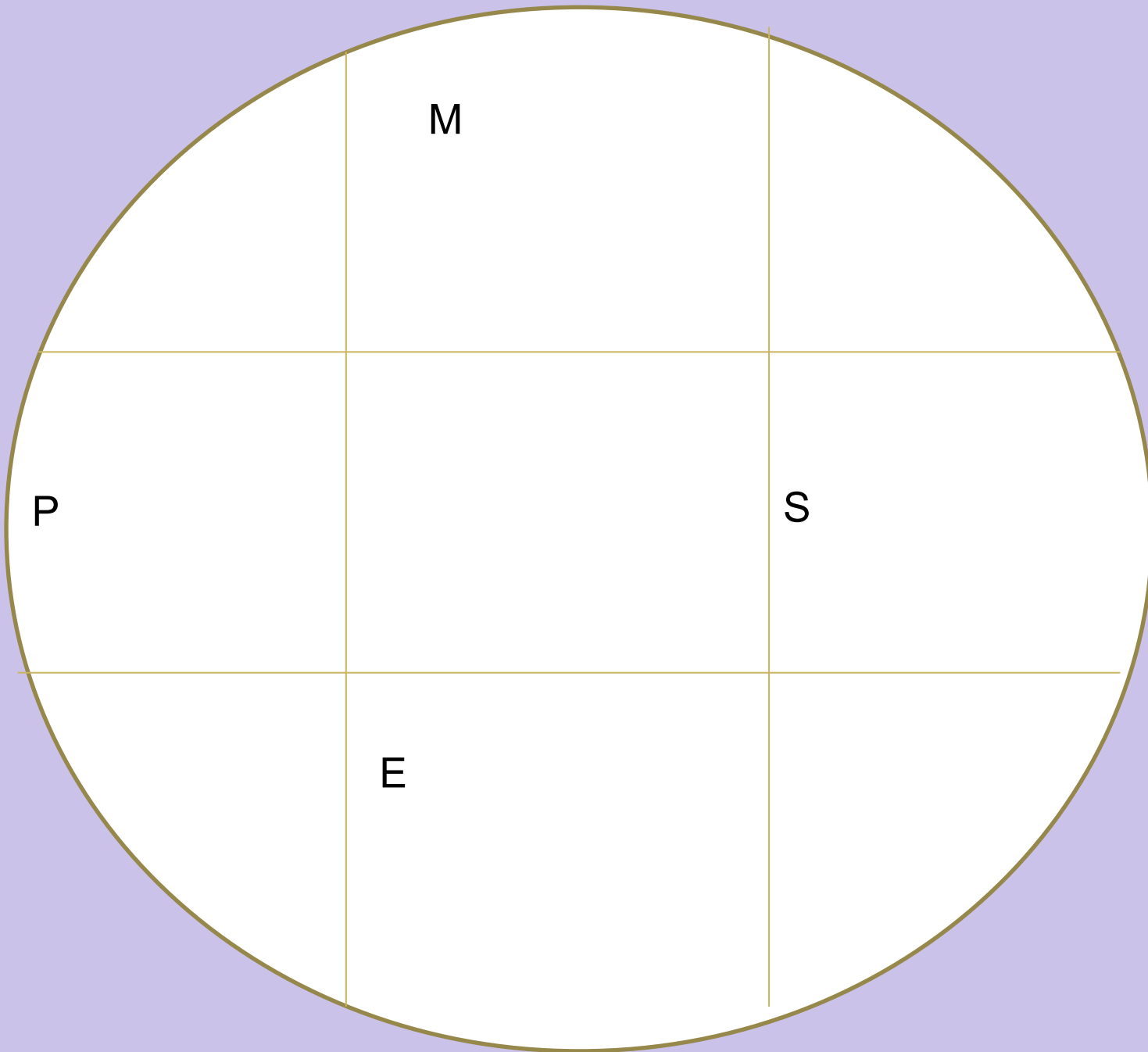
MUSIC, MODELING, and THE MEDICINE WHEEL

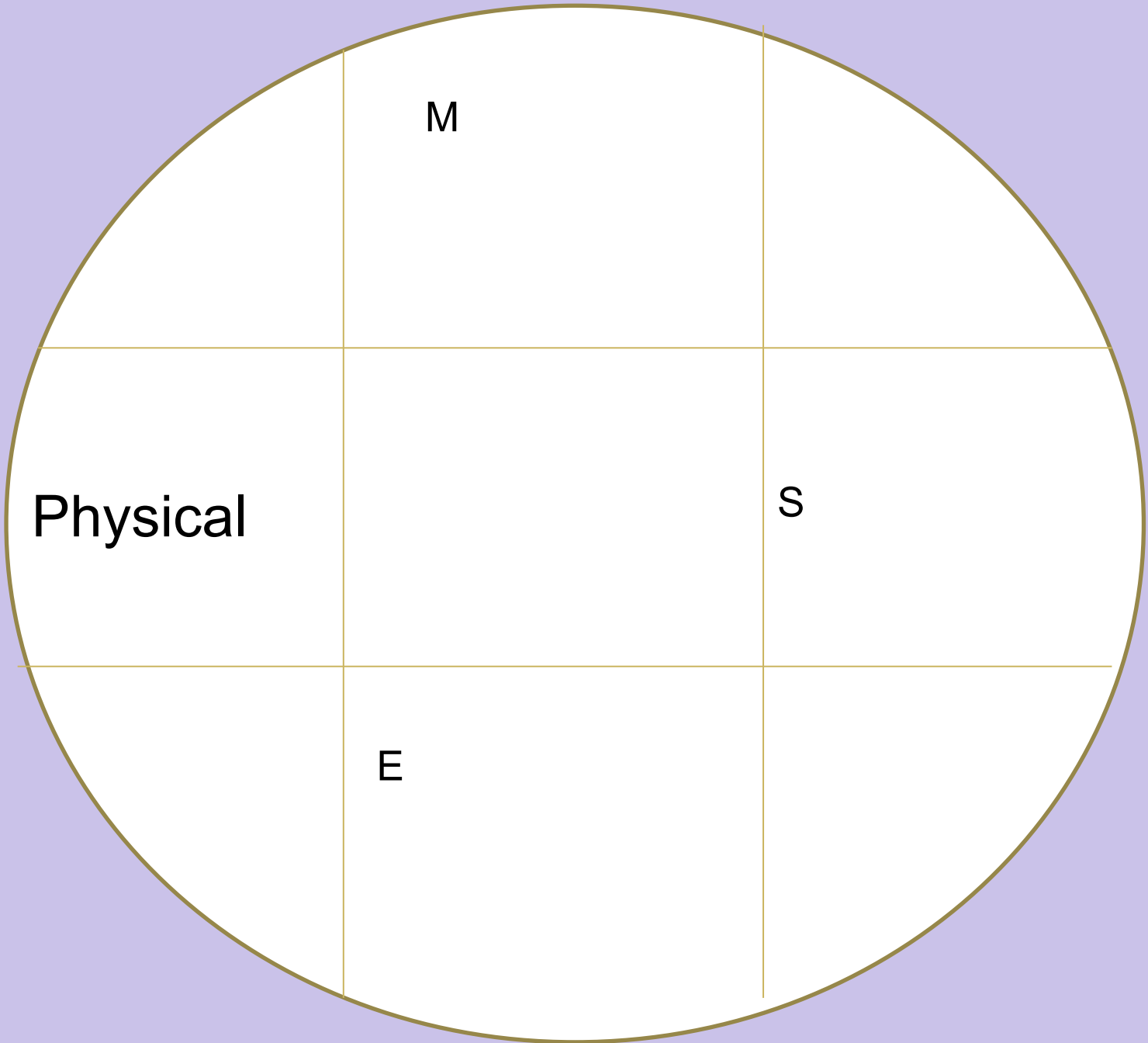
Presented by
Patrice Hunt, NCTM
Feel free to contact me:

huntent@gmail.com

435-632-6733





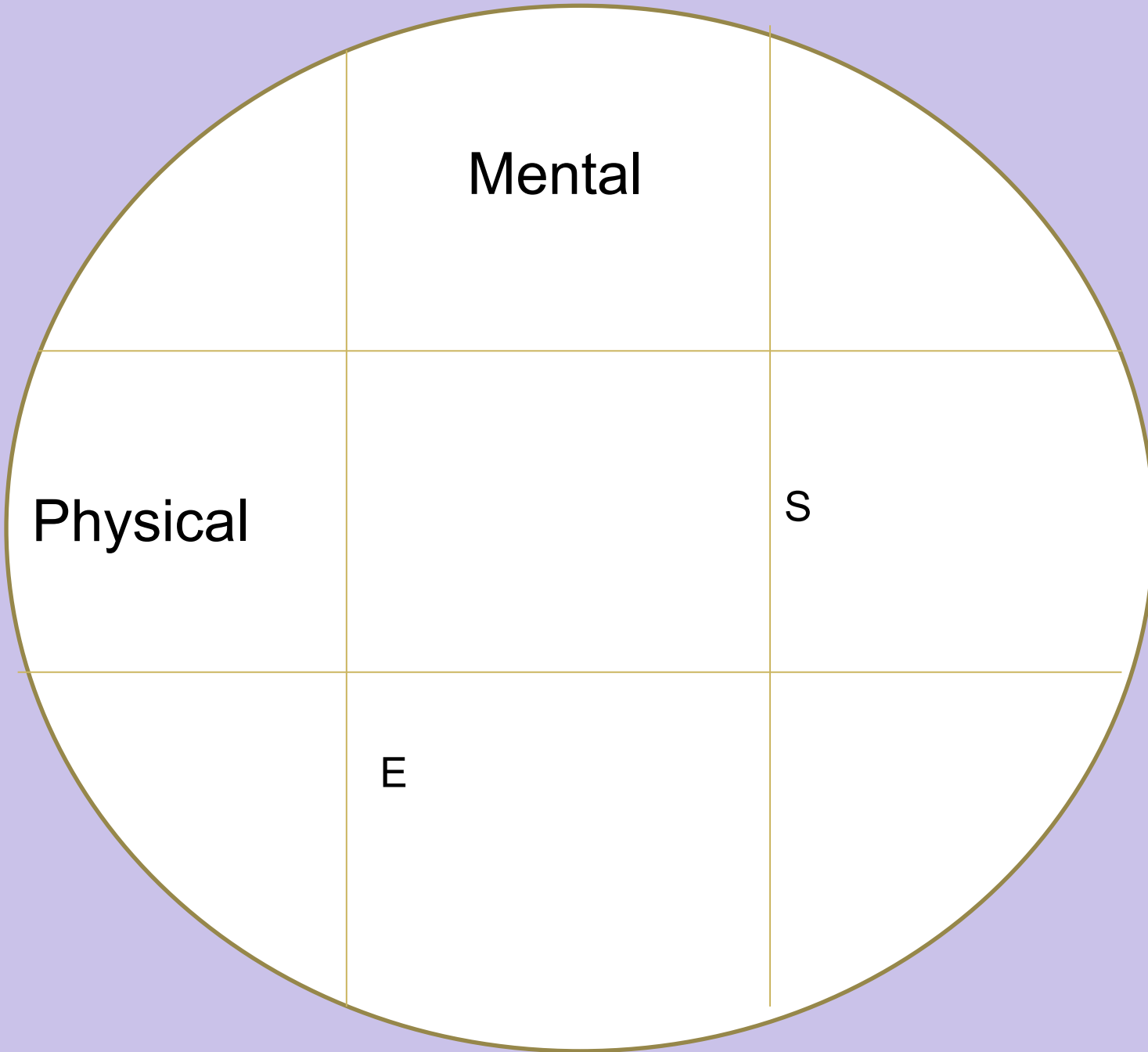


M

Physical

S

E

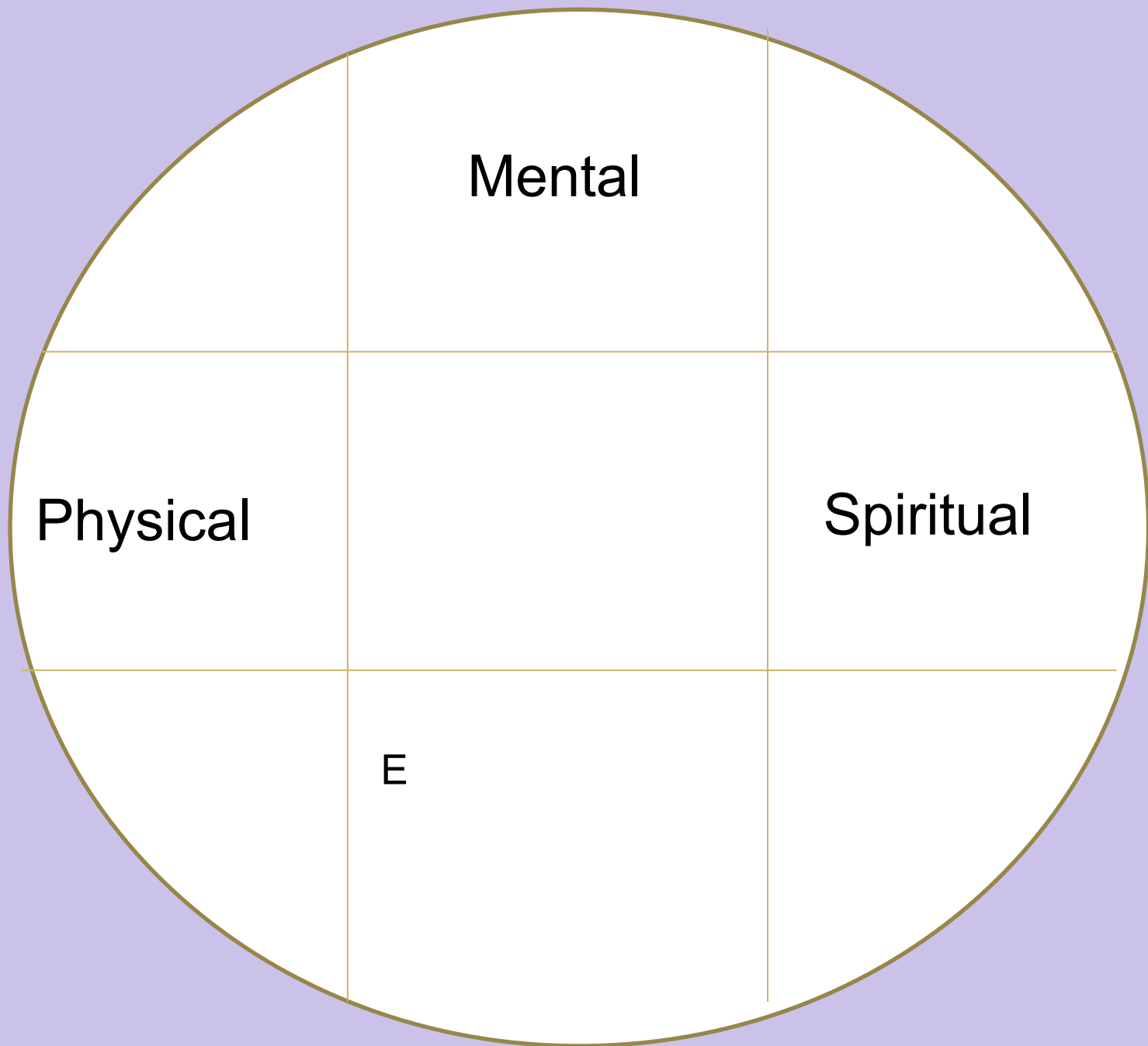


Mental

Physical

S

E

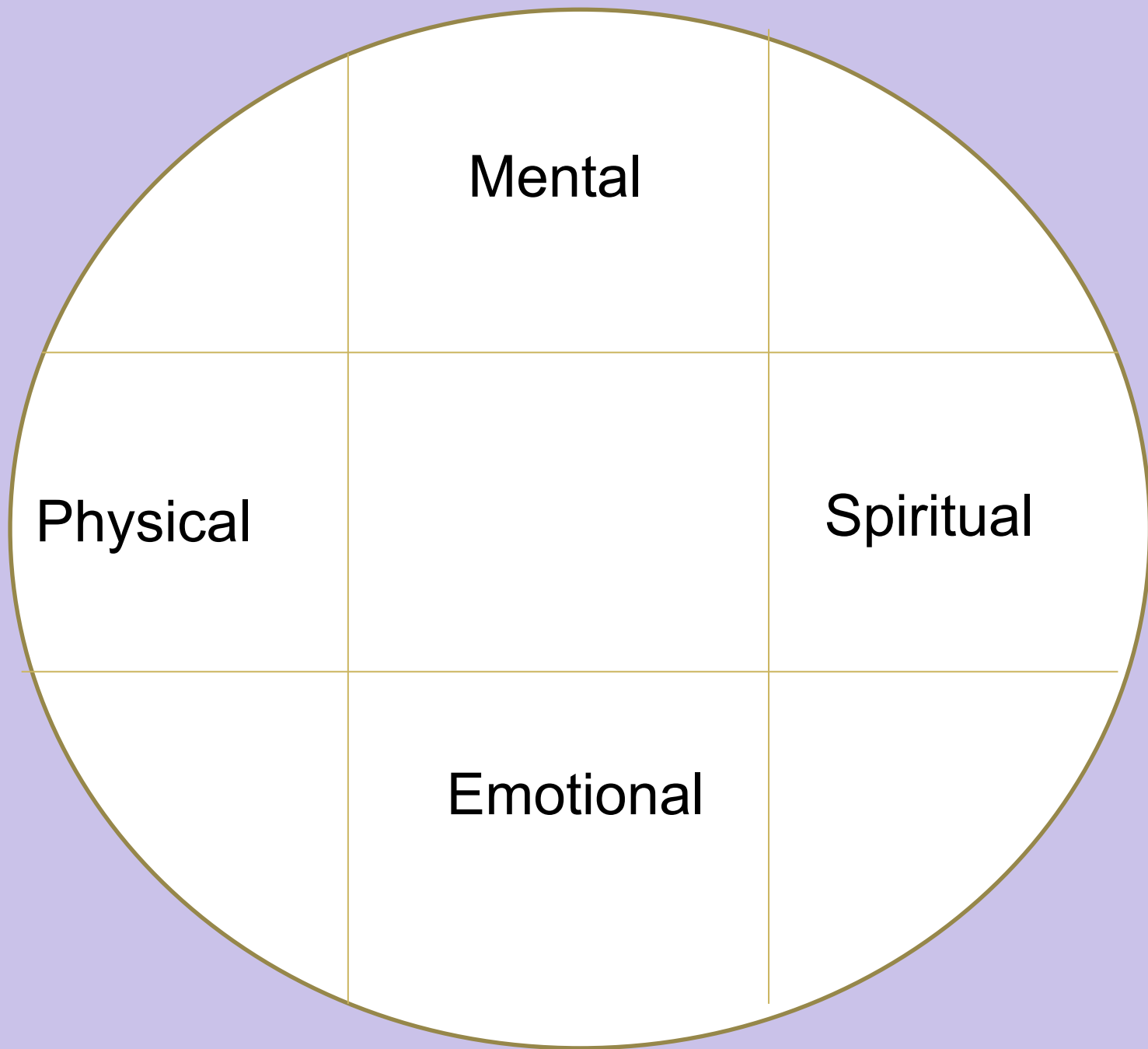


Mental

Physical

Spiritual

E



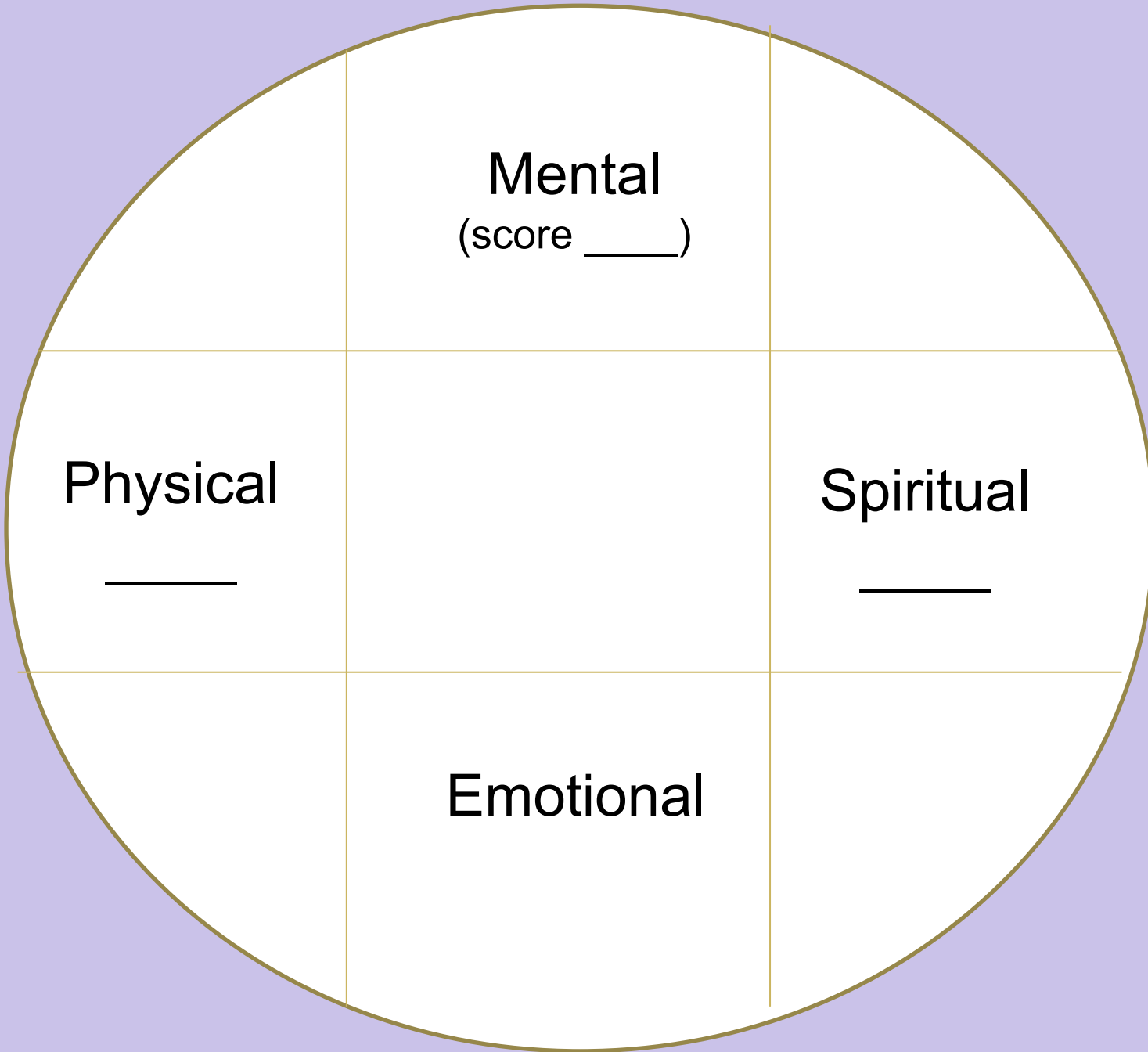
Scoring:

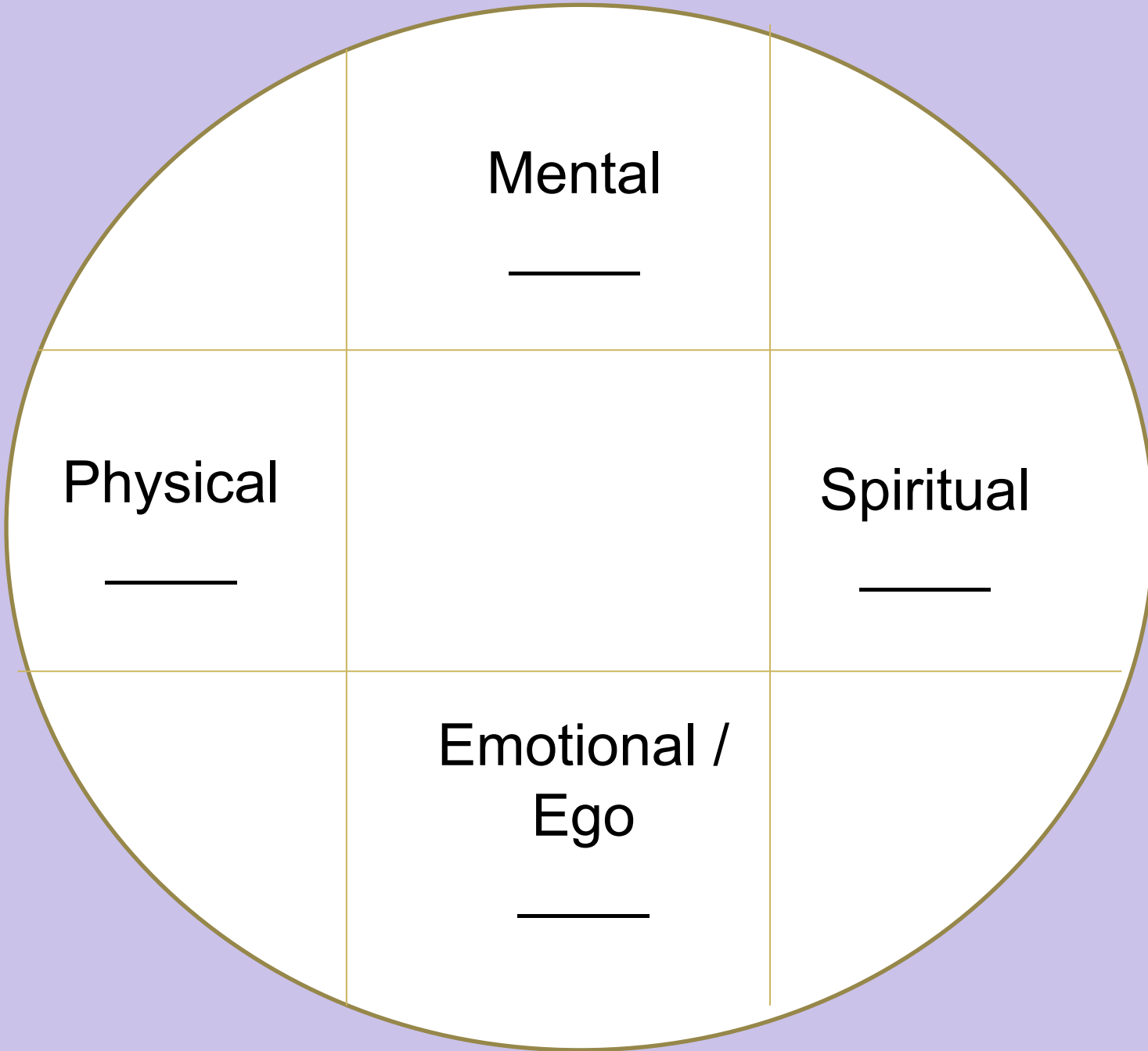
On a scale of 1-9, score yourself in each area discussed.

Score of 1 = doing really poorly

Score of 9 = I'm really good at this.

Be honest with yourself, but don't be too harsh, either!!





Mental

—

Physical

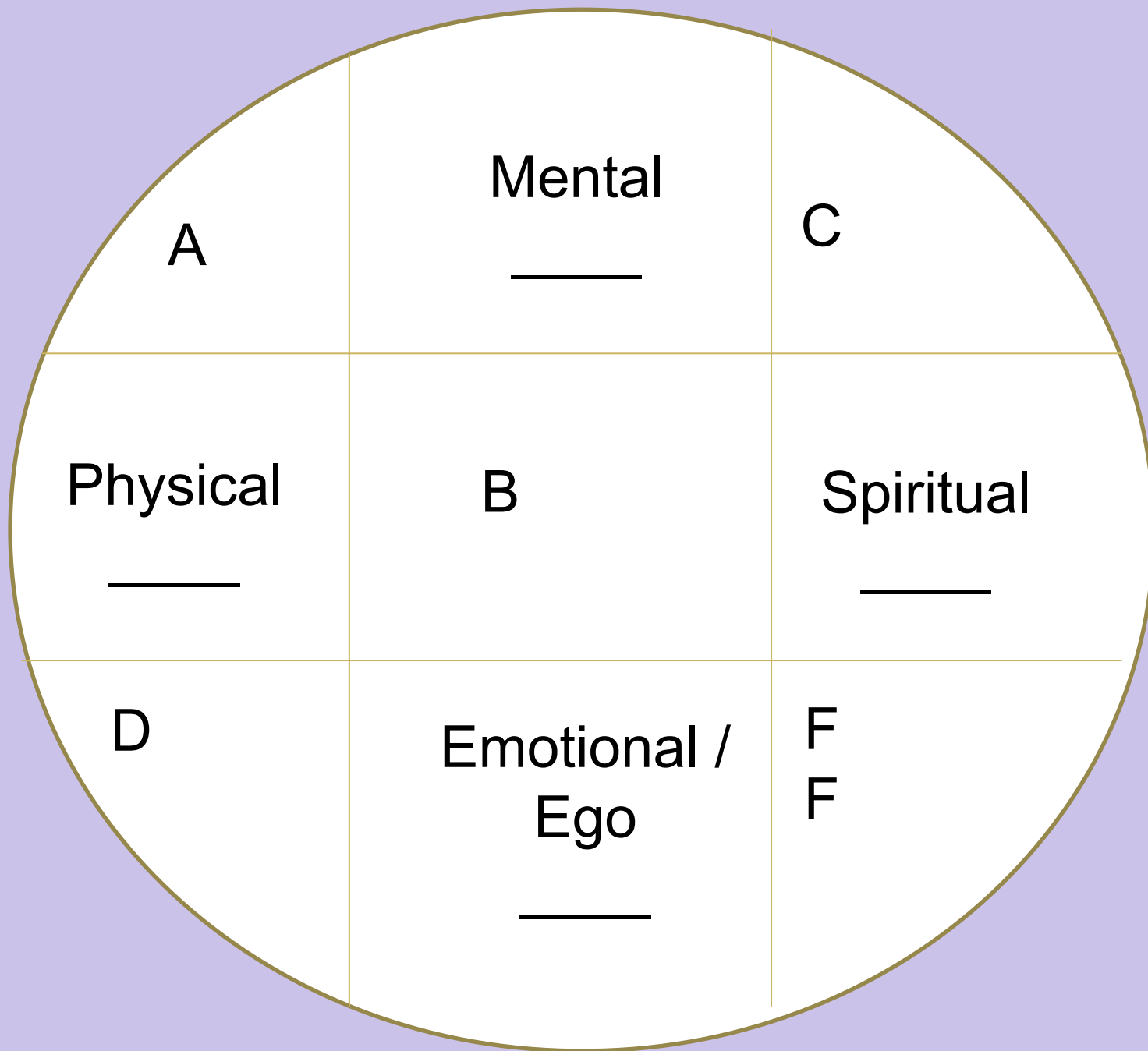
—

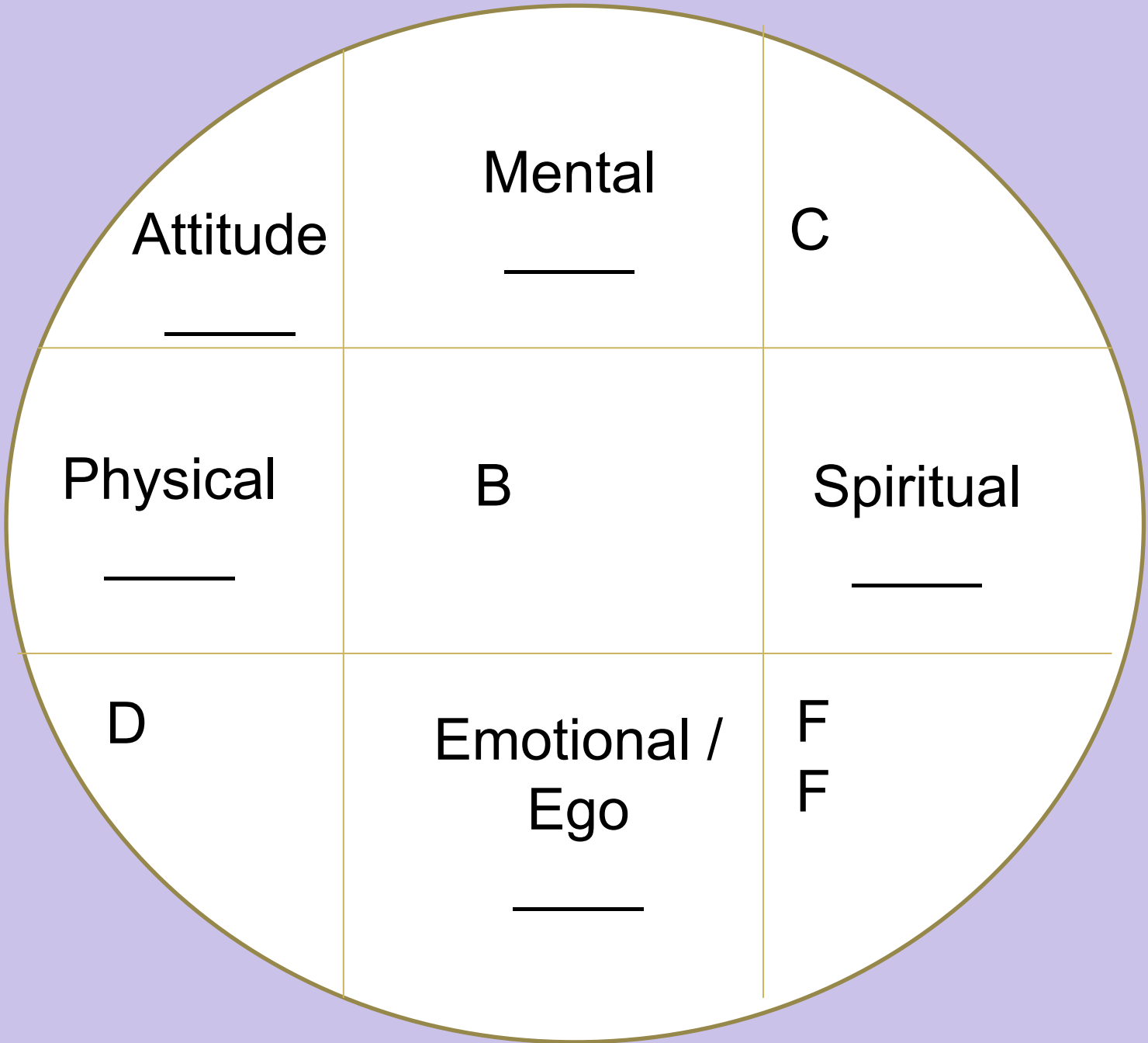
Spiritual

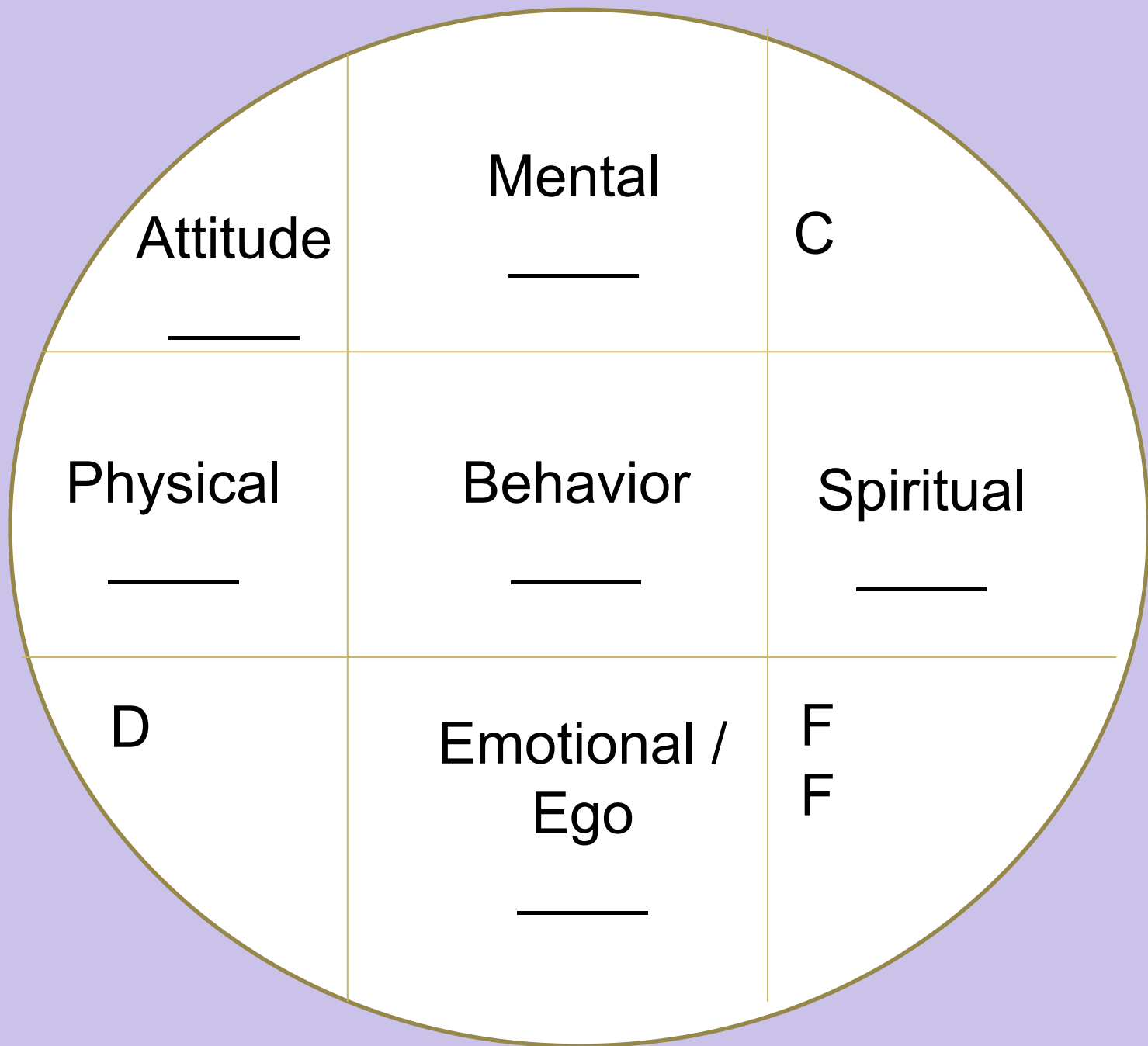
—

Emotional /
Ego

—







Attitude

Mental

C

Physical

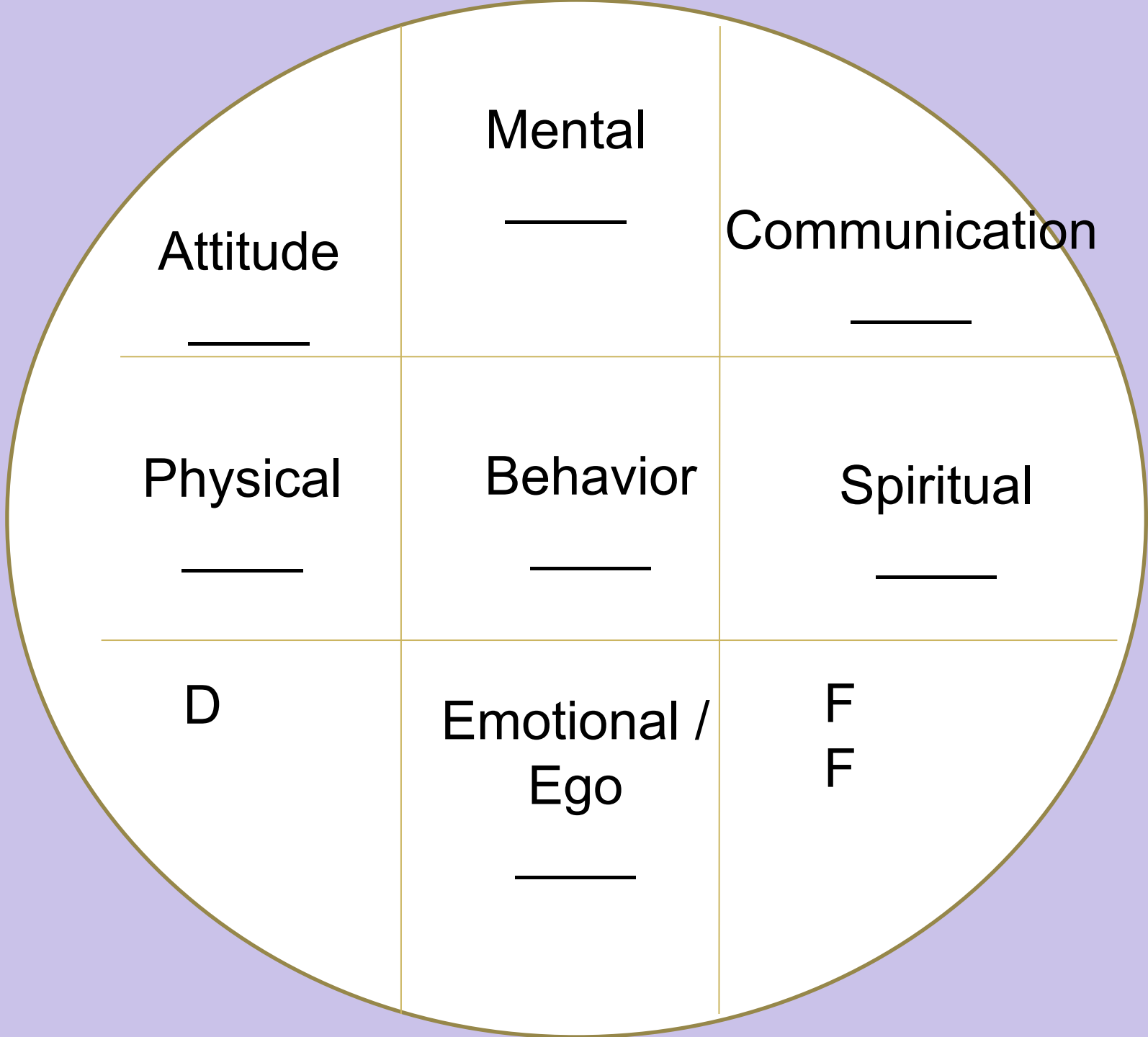
Behavior

Spiritual

D

Emotional /
Ego

F
F



Attitude

Mental

Communication

Physical

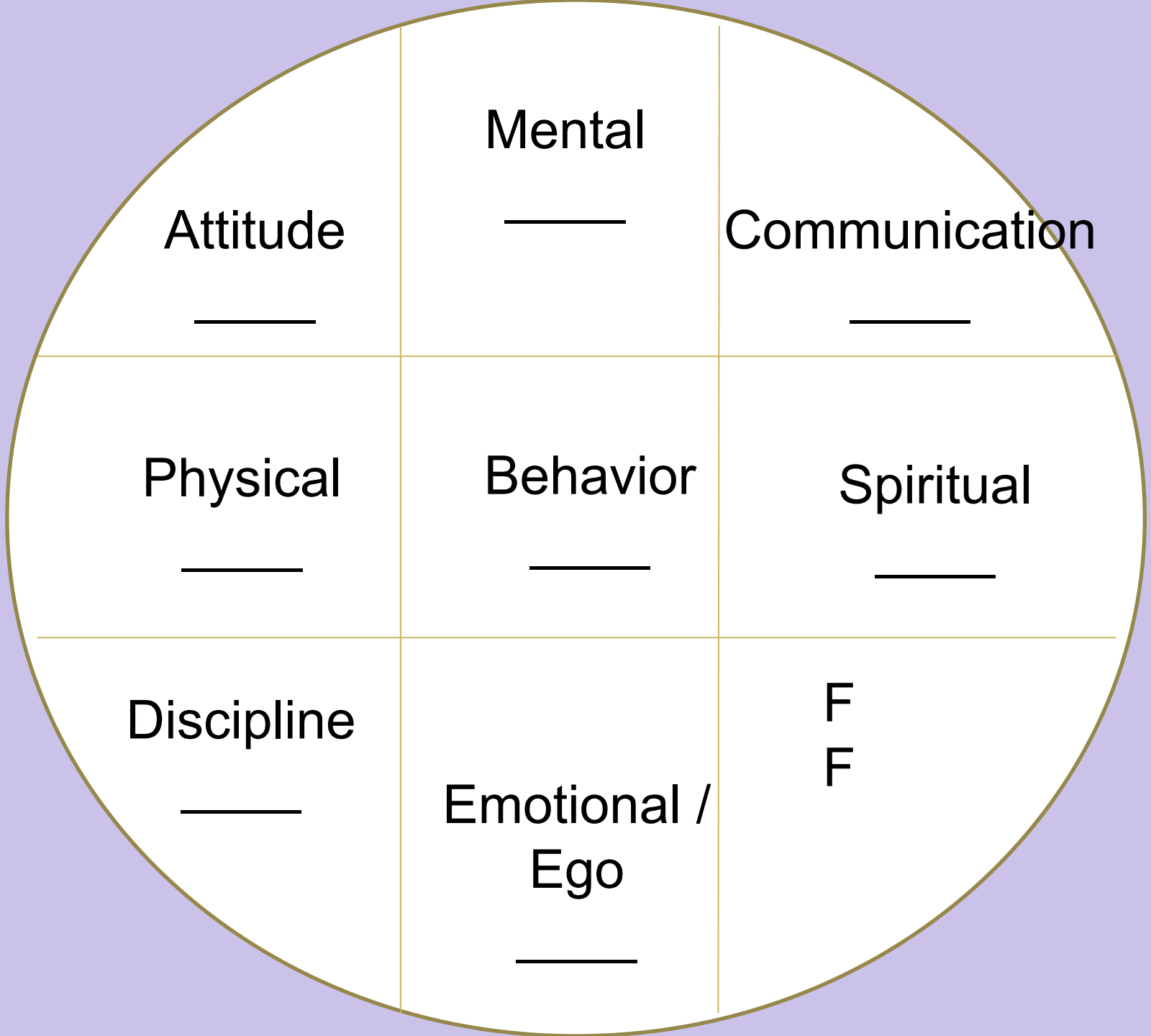
Behavior

Spiritual

D

Emotional /
Ego

F
F



Attitude

Mental

Communication

Physical

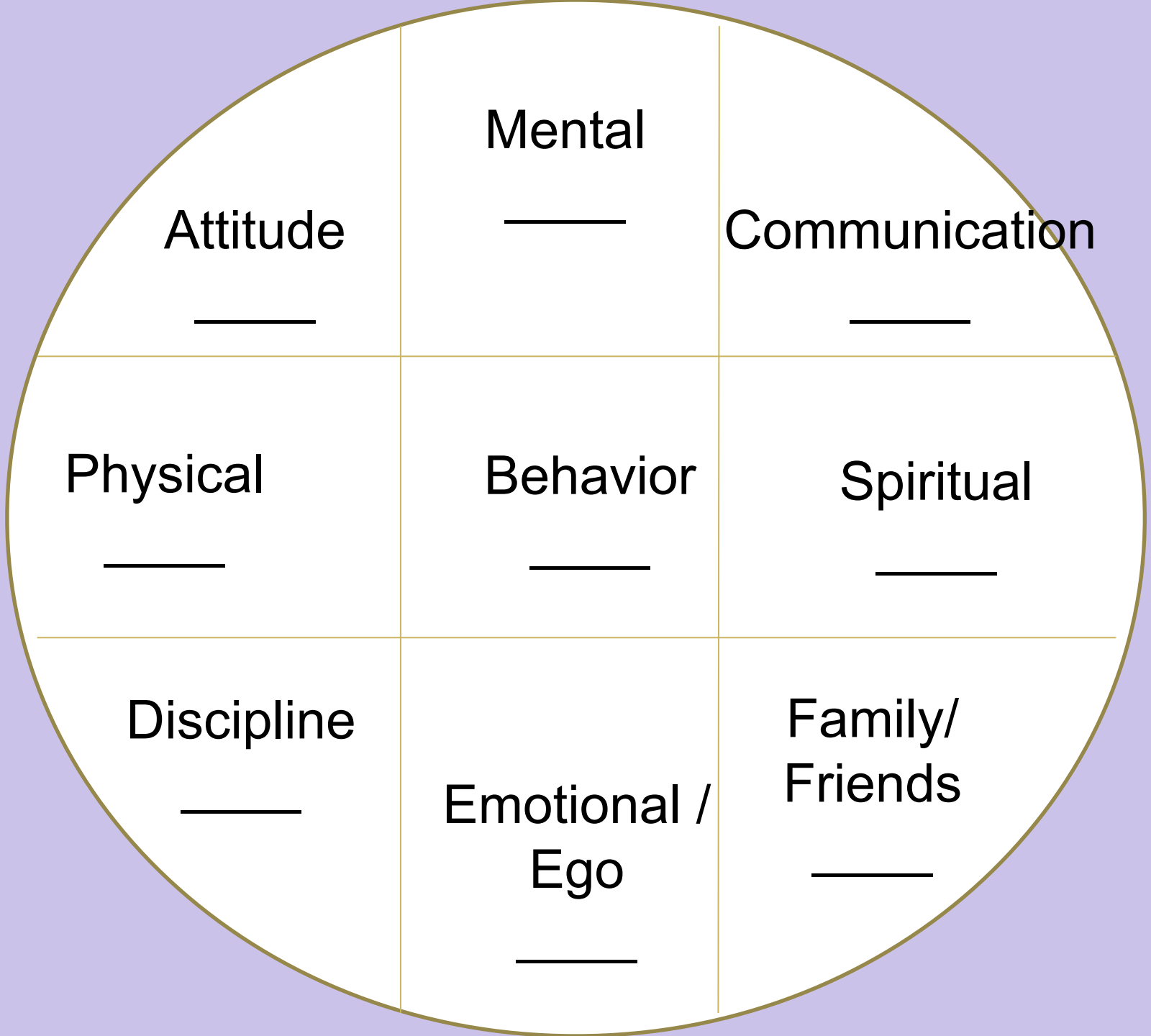
Behavior

Spiritual

Discipline

Emotional /
Ego

F
F



Attitude

Mental

Communication

Physical

Behavior

Spiritual

Discipline

Emotional /
Ego

Family/
Friends

Pick
ONE
area to
work on
for one
week:

Attitude

Mental

Communication

Physical

Behavior

Spiritual

Discipline

Emotional /
Ego

Family/
Friends

Why Affirmations?

Why Affirmations?

Because we believe what we
say to ourselves!!

Good or bad, we believe it!

Affirmations

Attitude - I am a Winner!

Mental - I make Good Choices!

Communication - I am Confident &
Enthusiastic!

Spiritual - I am Obedient!

Behavior - I do it Now!

Affirmations - continued

Physical - I am Responsible!

Discipline - I don't stop; I never give up!

Emotion/Ego - I release all doubt & fear!

Family/Friends - I AM MY OWN BEST FRIEND!

I AM A WINNER!

I make good choices!

I AM CONFIDENT & ENTHUSIASTIC!

I AM OBEDIENT!

I DO IT NOW!

I am responsible!

I Don't Stop, I Never Give Up!

I release all doubt & fear!

I...AM MY OWN BEST FRIEND!

Music, Modeling & The Medicine Wheel

We each have a very unique opportunity to bless
the lives of our students!!

We model:

How we perceive ourselves

How we perceive others

How we view life

What life can hold for our students

How music can effect every aspect of our lives