

THE EDUCATION Enthusiast

Dr. Bilan Joseph

Shares:

**170 WOWs to
Motivate the Teen
Spirit**



The Education Enthusiast's

170 WOWs to Motivate the Teen Spirit

A Message From The Education Enthusiast:

Welcome! I am Dr. Bilan Joseph, and I am the Education Enthusiast. First, I would like to thank you for investing in building the confidence and character of your child or student. I believe that it takes a village to raise our children. Teachers, parents, coaches, mentors...all of us together share the responsibility of not only being their parents or teachers but also their mentors and life coaches. This book will be certain to assist you on this journey.

Oftentimes, some of our teens are damaged and beaten down by life or by repeated failures on standardized assessments and or within their core classes. I believe that to truly reach them, we have to be concerned with their complete well-being. That means we have to be invested in understanding and elevating their mindsets. This must be our primary goal as parents, educators, and community members to be committed to our youth's academic and personal success.

How daily WOWs Saved My Classroom

Every year, no matter what school I found myself teaching in, I was always gifted students that no one would necessarily volunteer to teach. Many of my students were riddled with labels--at-risk, Title I, and ESE--and had not had much success with school (sound familiar). Needless to say, it was an uphill battle from day one to convince my students that an education *was* important and that they *could* be successful academically.

My background as a life coach has taught me that people can change, grow, and develop when they begin to believe that they can change, grow, and develop. It started within their mind. When I could help to change their mindsets, I could participate in changing their lives; and for many, that is exactly what I was able to do. So, I figured, if it worked for my coaching clients, it should work for my students.

In my classroom, my daily WOWs or Words of Wisdom (formally known as Dr. Joseph's Daily Affirmations) slowly began to help my students shift their thinking from a negative, "I Can't Do" attitude to a more positive outlook on their lives, what they could achieve, and what was absolutely attainable with hard work and determination.

The year began with my reading the daily WOW directly following our bell work. Initially, the students ignored it and found very little value, if any, in it. But, I was persistent. I wrote them on the board with colorful markers and read them every day faithfully. And, little by little, my students came to expect them. If I forgot to write a new daily WOW, they would request them. Eventually, my students offered to contribute their own WOW and wanted to read them aloud for the class.

Each day, the two to three minutes we invested in reading our daily WOWs, chiseled away at the negativity, and created a space that was positive, comfortable, and filled with hope. This became my opportunity to affirm consistently who my students actually were and what they could actually accomplish, which was for many of my precious jewels, revolutionary.

How to Use This Book As A Parent

I am a strong believer that there is power in words: power to build up and power to tear down. I am a mother of three children. I am learning while raising my daughters and son that the words my husband and I speak to our children and even the tone we use hold so much weight. If I tell my children that they can fly, they believe me. I know as parents we have experienced this phenomenon.

The affirmations in this book can be used as positive words that you speak to your children or with your children throughout the school year. They can be written on Post-Its and posted on their mirror in the bathroom, on the refrigerator, on the front door, or any place where they will see them continuously. Messages that kids and adults see repeatedly become a part of how we see and view ourselves, good or bad. So, let's be intentional about speaking the good and life to our teenagers, especially.

How to Use This Book As An Educator

I have divided the daily WOWs into 17 categories. Within each category, there are 10 daily WOWs, enough for an entire school year of motivation!

The categories were inspired by actual incidents that have occurred in my classroom throughout the school year, which is why I periodically suggest a specific time of the academic year to share certain daily WOWs. Additionally, each WOW ends with a hashtag designed to leave them with something to think about. I also suggest getting a feel for where your students are emotionally and behaviorally to determine which category to use to keep the energy in your classroom positive. Otherwise, feel free to use the order in which the categories are presented in this book.

Lastly, be open to what your students desire to contribute. Encourage your students to bring in their own words of wisdom or their own great quotes that they are personally inspired by. Be sure to let them add their own hashtags; they love this part :). And add their names as a hashtag if they are okay with the public recognition!

I do hope each WOW inspires your students and helps to create a consistent climate of positivity.

~Dr. Bilan Joseph

Table of Contents

1. Building Community	4
2. Healthy Relationships	4
3. Self-Respect	4
4. Cultivating Confidence	5
5. Personal Responsibility	5
6. Facing Fears	6
7. Positive Thinking	6
8. Forgiveness	7
9. Acts of Kindness	7
10. Opportunity	8
11. Maturity	8
12. Excellence	9
13. Time Management	9
14. Resilience	10
15. Activism	10
16. Service	10
17. Real Talk	11

Building Community

1. For as much as we are different, there is so much more in common that we share. #OpenMind
2. Treat everyone with the same amount of respect that you naturally desire to be treated with. #TheGoldenRule
3. We learn together, we grow together, and we advance together. #WeAreATeam
4. It's so easy to make faulty assumptions about someone based on prejudice and stereotypes. #JudgeFreeZone
5. Before you decide what you can't do, be open to try something new. #YesYouCAN #IBelieveInYou
6. Don't be afraid to admit what you don't understand. #AskQuestions
7. You have a voice that deserves to be heard and so does your fellow classmates. #OurSafeSpace
8. The beauty of today is that we can carry the lessons we've learned from yesterday while also being full of hope for our future tomorrow. #DoOver #SecondChances #NewDay
9. It's not stupid to be smart. In fact, I encourage it. #EachOneOfYouKnowsSomethingIDont #LetsLearnTogether
10. Let's make a deal: You come to my class every day ready to learn, and I'll come ready to teach. #BestYearEver

Healthy Relationships

1. Hang with people who have your answers and not your problems. #BirdsOfAFeather
2. You'll never find an eagle hanging with chickens. #YouWereBornToSoar
3. No one should ever feel as if they have to tear you down to build themselves up. #RedFlags
4. Surround yourself with people who are smarter, stronger, and more talented than you are, for they will help to pull you up to unimaginable heights. #RisingStar
5. The people you start with may not be the people you finish with. #SometimesChangelsNecessary
6. Love doesn't hurt; love doesn't lie; love doesn't manipulate. #IsItLove?
7. Before you can truly love someone else, you have to learn to love yourself. #YouArePriceless
8. Some people are with us for the long haul and others are with us for a season. Pray for wisdom to know the difference. #ItsOkayToSayGoodbye
9. Life can be so much sweeter when you have positive people to love and support you along the way. #BFF
10. Someone who loves you doesn't desire to isolate you from other people who love you. They want to celebrate you alongside the people who cherish you most. #PayAttention

Self Respect

1. What others think of you is none of your business. #KnowYourWorth
2. You can't please everyone, so don't even try. #MakeYourselfProud

3. We teach other people how to treat us by how we treat ourselves. #SelfRespect
4. You are unique, you are beautiful, and you are someone to be treasured.
#YouAreWorthMoreThanGold
5. Never compromise your values--what you were taught to be right--for the approval of others. #YouKnowBetter
6. Strive to make at least one decision every day that you can be proud of. #BabySteps
7. Each one of you was born into this world with a unique gift and talent that no one else on this planet can do better than you. Once you discover it, you will have unlocked your purpose for being on this earth. #OneInABillion #UniquelyYou
8. Sometimes we don't fit in because we were born to be set apart. #NaturalBornLeaders
#BlazeYourOwnTrail
9. Never let someone else's opinion of you dictate what you believe about yourself.
#YouAreIncredible
10. When your name is in someone else's mouth, then you are absolutely on someone else's mind. #ClearlyYouAreFabulous #RiseAboveTheDrama

Cultivating Confidence

(Perfect for testing season)

1. Failing does not make you a failure. #DustYourselfOffAndTryAgain
2. Be determined to learn the lesson that mistakes come to teach. #Grow #BeBetter
3. All that anyone can ask of you is to give 100%. Anything beyond that is a bonus.
#YourBestIsEnough
4. Replace every "can't" in your vocabulary with a "CAN". You'll be surprised how things will begin to turn around for you. #NeverGiveUp
5. Allow your mistakes to become your training ground. #NeverGiveUp
6. You are a winner, and you will succeed! #BelieveInYourself
7. If no one believes in you, choose to believe in yourself. #TheSkyIsTheLimit
8. Everyone fails at some point in life. What makes great people great is their decision to learn the valuable lesson that failing taught them to make them greater.
#LifeIsTheBestTeacher #YouAreGreat #TakeTheLesson
9. Give yourself a thousand do-overs, and give yourself two thousand second chances.
#ForgiveYourself #TodayIsANewDay
10. Whenever you give your best, you are a success. #Celebrate

Personal Responsibility

1. Be willing to take responsibility for your choices and your actions. #GrownUpMove
2. The only person you can control is you. #Maturity
3. What you choose not to say sometimes speaks louder than your words ever could.
#Wisdom
4. When you're wrong, say I'm sorry. #ItsJustThatSimple
5. The blame game never resolves anything. #OwnYourPart
6. Your past mistakes do not define you. #ChooseWhoYouWantToBe

7. Choose to take a look at your own decisions and your own actions to determine how *you* could have handled a situation better. It is at this place where you have stepped into true maturity. #YouHaveItInYou
8. There is a time for work and a time for play. Realize that when you decide to spend more time playing than you do working, there will be negative consequences. #Priorities
9. Understand that your teacher is not here to make millions of dollars for teaching you. They are here to pour everything they know into you to help you succeed. #Gratitude
10. You may not like everyone who teaches you, but do yourself a favor to learn as much from them as possible. #FocusOnTheBiggerPicture #Graduation

Facing Fears

1. Push past fear to pursue your dreams. #NothingToLose
2. Fear is an illusion designed to keep you paralyzed and complacent. #CreateYourReality
3. Refuse to allow fear to hold you back. #NothingToLose #EverythingToGain
4. Don't be afraid to try. You may surprise yourself at what you can accomplish when you do! #GoForIt
5. If your only reason for not trying is your fear of failing, you are robbing yourself of one million opportunities to succeed. #YouNeverKnowUntilYouTry
6. Many times we self-sabotage ourselves because our real fear is how great we actually can become. #YouDeserveToBeHappyToo
7. Our parents' mistakes do not have to become our own. #BreakTheCycle
8. Every day that you decide to try your best positions you one step closer to having the life you want and ultimately living your dreams. #ItsPossible
9. Sometimes you have to go after what you want while being afraid. #FearAsFuel
#NoExcuses
10. Fear is faith applied incorrectly. Choose to believe that anything is possible.
#AlwaysHopeForTheBest

Positive Thinking

1. Change around you has to begin within you. #ManInTheMirror
2. Where you've been does not determine where you are going. #EndlessPossibilities
3. If you can change your mind, you can change your life. #BelieveInYourself
4. The most powerful tool that you have in your possession is your mind. #DontWasteIt
5. When you begin to exchange "I Can't" for "I Can", there are no limits to what you will achieve. #ThinkPositive
6. What you believe about yourself is likely to become your reality. #Confidence
7. Embrace each new day as another opportunity to learn, grow, and be better than the day before. #GlassHalfFull
8. The saying goes, "If anything good can happen, it will." #HaveFaith
9. The most amazing invention or technology first began as a *thought*. The most incredible entertainer or celebrity was once a regular person with the *thought* that they could be someone great. The difference between all of these things and you may be this: What do you think of yourself? #ChangeYourMind

10. Everyone can believe in you, but the magic really begins to happen when you believe in yourself. #BelieveInYou

Forgiveness

1. Choosing to forgive someone who has hurt you doesn't excuse their behavior. Instead, it grants you the freedom to move forward with a clear head and a clean heart. #ForgivenessIsForYou
2. We all have made mistakes. The key is to learn from them to avoid repeating the mistake in the future. #GrowingPains
3. Our parents are human just like we are. For as much as we desire for them to be perfect, they will never be because they are human. #GrownUpsMakeMistakesToo
4. Sometimes bad things happen to good people. #YouAreAGoodPerson
#YouAreASurvivor
5. The physical or emotional absence of a parent can be painful and confusing. Please know that you have the right to your feelings and their absence is not your fault. #YouAreLoved
6. If those we thought were our friends turn out to not be our true friends, it is not weak to simply let them go #MoveOn #NoShade
7. Sometimes the people we love will continue to cause us pain. When this happens, do not be afraid to ask for help from someone you trust, and if possible separate yourself from that person or those people for your safety. #YouAreNotAlone
#LoveFromADistance
8. Peace does not exist without forgiveness. #AlwaysChaseAfterPeace
9. Sometimes we simply forgive because we want to keep someone in our lives. #NoShame #PeopleDoChange #MovingForward
10. True forgiveness first begins within you. Forgive yourself to have the room to forgive someone else. #SecondChances #DoOver

Acts of Kindness

1. You will never know how a simple smile or a compliment may change the course of someone's day. #RandomActsOfKindness
2. Chivalry is not dead. There is nothing weak about choosing to be a gentleman. #Valor #Gentlemen #Honor
3. Sometimes it's not what you say, it's how you say it. #Respect
4. Infuse "Please", "Thank you", and "Excuse Me" into your daily vocabulary and watch the positive response from others steadily increase. #BePolite
5. Hold the door open for someone else, offer the last seat to someone left standing, help someone pick up something they've accidentally dropped... #DoSomethingNice
#JustBecauseYouCan
6. Today, go to your parent or guardian and share with them one thing that you appreciate them for. Even if they don't say so, your gratitude means the world to them. #Appreciation

7. Cook a meal, wash some dishes, fold the clothes and put them away, or do some other task that you're parents always do for you. You could also do something your parents often have to tell you to do without being asked. #YouWillMakeTheirDay #RockStar
8. Compliment a friend or even a stranger. Everyone benefits from hearing something nice about themselves every once in a while. #ItWillMakeThemSmile
9. Write a note to a teacher, a coach, or some other adult in your life who you feel has made a difference in your life. I will safely assume this person does a lot for many people with very few thank yous. #GiveFlowersToTheLiving
10. Celebrate you today! You have worked hard growing into a mature person all while getting your grades up or keeping those grades up. #IMProudOfYou
#BeProudOfYourself

Opportunity

1. When one door closes, be on the lookout for the new door that has just opened.
#Opportunity
2. You are never too young to contribute something amazing to this world.
#YouCANMakeADifferenceToo
3. Life will present you with obstacles that seem insurmountable, but as you keep on living those obstacles will become your springboard. #AllThingsWorkForYourGood
4. Focus on where you want to go and align everything in your life to move you in that direction. #Vision #WorkYourPlan
5. When you have a plan, your preparedness will be ready to meet the opportunity.
#BePrepared
6. When opportunity seems nowhere in sight, be bold enough to search for it until you find it. #CreateYourOwnOpportunity
7. "Never be limited by other people's limited imaginations." #DrMaeJemison
8. "You can only become accomplished at something you love. Don't make money your goal. Instead, pursue the things you love doing and then do them so well that people can't take their eyes off of you." #DrMayaAngelou
9. I truly believe that what is for you is indeed for *you*. It's then only a matter of *when* and not *if*. #KeepGoing #YouCanDolt
10. There is never a perfect time to pursue your dreams. At some point, you have to just take the leap of faith and hope you land on your feet. #JustDolt

Maturity

1. Pick and choose your battles. Only some things deserve your reaction or your attention.
#RiseAboveTheDrama
2. The wise man walks away from confrontation because he knows he has nothing to prove. #Wisdom
3. No one has the power to make you do anything. Every action or reaction is a choice.
#BiggerPerson #SelfControl
4. Offense is not given; it is taken. #GiveltBack

5. Don't wait for someone else to tell you to do the right thing. Choose to do the right thing because you believe it to be the right thing to do. #Integrity
6. It's easy to follow the crowd, and it's much more difficult to stand alone. But, it's easier to sleep at night and easier to look at yourself in the mirror when you stand for what's right, even if you stand alone. #YouBeTheChange
7. If you keep doing the same thing, then expect the same results. #BeSmarterTodayThanYesterday
8. If following the crowd leads down a path that you don't want to go, be willing to make a detour. #TheRoadLessTraveled
9. Be proactive and not reactive. #TalkToYourTeachers #CheckYourGradesOften
10. The future does not have to be a mystery. For everything that you can't control, there is quite a bit that you can. #Plan #Prepare #Goals

Excellence

1. Do your best no matter who is watching. #Integrity
2. The road to excellence can be lonely and sometimes uncomfortable, but it's a calling card that will always make you stand above the rest. #DareToBeDifferent
3. Excellence is never an accident. #BeIntentional #Aristotle
4. Excellence doesn't happen overnight. With gradual persistence and a determined mindset, greatness is within reach. #OneStepAtATime
5. To achieve excellence at something big, you learn to achieve excellence in the little things. #ExcellentlyPersistent
6. There's nothing wrong with striving to top yourself. #BreakYourOwnRecord
7. When you desire to reach your full potential, you unlock the door to personal excellence. #Confucious
8. Judge people not by their biggest win, but by the steps, choices, and work ethic taken to achieve that big win! #EmbraceTheJourney
9. Seek out those who have accomplished what you desire to accomplish and learn everything from them that they are willing to teach you. #EveryoneNeedsAMentor
10. "We are what we repeatedly do; therefore, excellence, then, is not an act but a habit." #WillDurant

Time Management

1. Be cognizant of time because when we aren't aware of time, we are in danger of losing it. #TimeIsValuable
2. The man who fails to plan is planning to fail. #BeIntentional
3. Waiting for tomorrow to do what you could have done today is the easiest way to not do what needs to be done at all. #JustDolt
4. Procrastination is the enemy of success. #GetItDone
5. The past is gone, the future doesn't exist, and all you have right now is the present. #Mindfulness #BePresent
6. Time and tide waits for no man. #Chaucer
7. Slow and steady wins the race. #KeepMovingForward #CrossTheFinishLine

8. The most effective way to accomplish a BIG task is to tackle it one little piece at a time. The small completed goals will lead to surpassing the seemingly insurmountable goal every time. #TheJourneyOfAThousandMiles
9. No one who is successful accomplished their massive success alone. They have a team. Find a group of like-minded people to help you reach your goals while you help them reach there's. #Delegate #TeamWorkMakesTheDreamWork
10. Write the vision, and then work on your plan. #Goals

Resilience

1. To win in life, develop a never-say-never, eye of the tiger, never wave my flag type of mentality. #NeverGiveUp
2. When you do what you love, success and opportunities will find you and overtake you. #NeverTooYoungToChaseYourDreams
3. The race is not given to the swift, but to the one who endures to the end. #Ecclesiastes
4. I never said it would be easy, but it will be worth it. #KeepGoing
5. A "no" today may be a "yes" tomorrow. #Persistence
6. Whenever a door closes, trust that another is preparing to open. #ThereIsAReason
7. Life is full of lessons. Pay attention to what you can learn when things don't work out the way you thought they should. #GrowthMindset
8. Not now isn't the same as not ever. Keep trying until you get to where you want to go. #YouGotThis
9. If at first, you don't succeed, dust yourself off and try again. #PracticeMakesPerfect
10. Pressure makes diamonds! #ShineBright

Activism

1. "An injustice anywhere is a threat to justice everywhere." #DrMartinLutherKingJr
2. Stand for something or be prepared to fall for anything. #YouHaveAVoice
3. The time is always right to do what's right. #DrMartinLutherKingJr
4. "You can't separate peace from freedom because no one can be at peace unless he has freedom." #MalcolmX
5. If losing everything is the cost of maintaining your dignity and self-respect, then so be it. #Justice #StandUp
6. The voice of the few has the power to represent the voice of many. #NaturalBornLeaders
7. There isn't an age limit on who can bring change to this world. #BeBold
8. "Be the change you want to see in the world." #Ghandi
9. If you see a problem, trust a believe that you just might be the solution. #Purpose
10. Don't be afraid to fight for what you believe in. #ItsWorthIt

Service

1. "We exist temporarily through what we take, but we live forever through what we give." #VernonJordan
2. The richest man you will find often is one of the greatest givers of time, money, and resources. #BlessedToBeABlessing

3. Your unique gifts and talents have the power to positively impact your school, your community, and the world. #YouAreNotAnAccident #YourLifeMatters
4. "The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well." #Emerson
5. "No one has ever become poor by giving." #AnneFrank
6. When you feel down and out, take the time to volunteer your time to help someone less fortunate than you. There is so much joy found in thinking of someone other than ourselves. #Perspective #EverydayBlessings
7. "There is no exercise better for the heart than reaching down and lifting people up." #Holmes
8. Always give because you want to, not because you have to. #CheerfulGiver
9. "It's not enough to have lived. We should be determined to live for something [greater than ourselves]." #Buscaglia
10. Being rich and famous are great goals to have, but these things alone will not bring you lasting happiness. It's what you do with your success to improve the life of someone else that matters most and will outlast you. #Legacy

Real Talk

1. Success is not an accident. It is intentional and it is available to whoever is willing to put in the work. #YouCanDolt
2. If your "friends" are offended when you succeed or improve, then the real question remains, are they really your friends? #ToTheLeftToTheLeft
3. If loving you is killing me, then it's time to either let you go or love you from a distance. #TimeToCutTies
4. Sometimes the people we love don't understand our dreams, and they may even make us feel bad for wanting more or for wanting something different. #LoveThemAnyway #ProveThemWrong #KeepChasingYourDream
5. Living today like there's no tomorrow does not mean living recklessly. It means to take advantage of the time you have today so that you leave no room for regret tomorrow. #ValueWhatsImportant #Prioritize
6. Time is the most precious gift that we have. Don't waste it. #TreasureEachMoment
7. When someone truly loves you, they will tell you the truth. #HelpingYouBeYourBest
8. The best things in life are free, but success comes with a price. #PayInSweat
9. We can be our own worst critics. Invest more energy in acknowledging what you do well, and then work harder to improve the areas still in need of growth. #Confidence #ItsAProcess
10. Your life has a purpose. You are here on this earth to play a role that no one else was born to play. #BeYou