*These notes are designed as a compliment to the CTechEd webinar and can serve as a reminder of the key ideas shared during the session. Space has been provided for you to add your own notes. You may find referring to your notes helpful when completing the optional follow-on assignment that is offered. If you were not present for the LIVE broadcast and are interested in in-service credit, you must complete both these notes and the follow-on and submit them to* *Sabrina.gates@cteched.com**.*

*Unmapped Potential* is a self-help book—a manifesto and a manual—designed to guide your thinking about your “map”. This is a mental map that guides your journey—professional and likely also personally. By becoming consciously aware of how your map has been created, making a commitment to challenge your own beliefs about yourself, and being courageous enough to review and revise your map, you can be the change that impacts your own success as well as the success of your students, colleagues and school.

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| Webinar Notes | Notes/Thoughts/Ponderings/Ideas |
| **Introduction/Meet the Authors Julie Hasson and Missy Lennard** --Do you say to yourself, “Something has got to change!”? Lasting change starts when you are brave enough to identify and modify the beliefs that are creating barriers on your map and holding you back from reaching your potential. (p. xi, Unmapped Potential) |  |
| **Why a Map?** Maps are fantastic organizational tools that help us see the landscape which in turn gives opportunity to see possibility and inform our decision making and planning.  |  |
| **About the weather…** In today’s educational universe, many educators feel overwhelmed. The demands of the teacher’s role seem to increase—meeting the many and varied needs of all students, school and district initiatives, state requirements and expectations as well as personal, professional growth and learning—while the resources available to accomplish all of this seem to be shrinking. This is the “weather”. To weather any sea—calm or stormy—you must have a plan. Your map informs your plan. |  |
| **Note—**Change is challenging and can sometimes be overwhelming. Creating change is not a short-term goal. Change requires a long-term commitment and a willingness to review and revise your own beliefs. In reviewing and revision your map, you set a course for success and reward.  |  |
| **“If you want to change the world, start by making your bed.” –Admiral Charles McRaven…** When considering reviewing and revitalizing your map, don’t start BIG—start small. The authors encourage us to consider that small, deliberate actions can lead to big transformations. Simple steps done with consistency and conviction can create a big impact. A small, positive change in a single area will positively impact all other areas and create momentum. Your starting place is to evaluate and update your mental map! |  |
| **Belief = Action = Realized Goals** Following the deep reflection about your beliefs that leads to the revising of your map, the next step is to EMBRACE your new beliefs by ACTING upon them! “Every outcome begins with a single thought.” (p. 5, Unmapped Potential) Reference Ben’s story, p. 5, paragraph 2 & 3. Remember, belief comes first, action follows. |  |
| **You are the Cartographer of Your Map—Influences on the Creation of Your Map** |

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| A cartographer is a map creator. They create maps based on what they see. Each of us has our own mental map, constructed based on your assumptions, beliefs, and expectations. Your individual map shapes your thinking and your thinking shapes your actions. Actions in turn shape your outcomes.Interestingly, your thoughts are influenced by your perspective—perspective is developed by experiences. Your experiences generate your assumptions, beliefs, and expectations. Our beliefs can limit the scope of our maps—this is called a limiting belief. |  |
| A **LIMITING BELIEF** is a belief you have that marks the border of your potential. It can limit potential related to yourself, your colleagues, your career, your school and your students! You must break a limiting belief—which is uncomfortable but definitely worthwhile—in order to transform your actions from short-term behavior to long-term integrated change. |  |
| Considering perspective: First, know that your map is not THE territory. Your map is of a territory and how you see that territory. Your map is not THE territory. Your map is of a territory and how YOU see it…For example, your map includes assumptions, beliefs and expectations related to your school based on your experience. Others will have different assumptions, beliefs, and expectations about the school based on their experience. Second, your map is different than anyone else’s map. Your map is constructed based on your perception. Others will have different perceptions. |  |
| **EXAMINING YOUR MAP**—Your subconscious thinking has developed over many years, based on many events and experiences. Your beliefs are carved into your subconscious. Consider the subconscious as the Guardian of your beliefs. However, sometimes your beliefs may not serve you well. Based on new information, your beliefs can change—and the GOOD NEWS is that your map can be updated at any time! |  |
| **EFFIECENCY VS. ACCURACY** -- There is a battle that we all face. In our attempt to be efficient, we at times compromise accuracy. Understand this is primarily a subconscious action—again the Guardian at work! This is rooted is a self-protection scheme. So much information comes to us from so many different sources! This can certainly set the stage for overload leading to shut down! We cope with this information assault in three different ways:1. Generalizing—looking for similarities between our current experiences and our previous experiences. This allows for us to more quickly process and establish comfort related to this information.
2. Delete—release or ignore information that is not consistent with your predetermined notions. This is where people reject new ways of work and continue to use known methodologies, despite the fact that improvement can be made.
3. Distort—change aspects of an experience to fit the existing patterns in your mind. Once your brain forms a pattern, your subconscious will staunchly defend and protect the maintenance of that pattern.

Although these automated behaviors may help to survive, they do not allow for thriving! Thriving requires surfacing beliefs consciously. This is challenging and likely uncomfortable, but this cultivation of awareness will serve you well! |  |
| **UNDERSTANDING THE LEGEND** --Your map holds your expectations and beliefs and ultimately colors the world in which you live. You matter—and your beliefs matter. Know this: 1. Your beliefs impact your own success and well-being which in turn impacts the way you teach and lead. And, 2. The messages you send about your expectations impact those you teach and lead. These statements ask you to consider your beliefs about yourself and about how you influence others through your action or inaction. |  |
| **REDRAWING THE MAP** -- Self-talk can be limiting or empowering. It is important what you share with others, but very likely, it is more important what you say to yourself. Consider how self-talk can be limiting. in a challenging moment, do you contextualize events using words like always and never? These words prevent effective problem-solving! This self-talk will negatively impact your outcome and stunt you learning and growth! In these moments, consider what you are THINKING—and are these thoughts helping or harming you? Your thinking will lead to your speaking and reacting—you cannot retract things you speak aloud or press the do-over button to your behavior! By becoming consciously aware of our beliefs, we can rewrite them—resulting in a change in our map. Most people believe everything they say to themselves—without question! This leads to self-fulfilling prophesies. What you expect to happen actually happens, just as you expected! What is too often overlooked is the effort you put into making this come true and the realization that your self-talk resulted in changing an outcome—and not for the better! |  |
| **WHAT’S YOUR DESTINATION?** -- You probably find it easy to believe in things that you have seen or experienced, but believing in the unseen is a challenge. Believing is things you have not yet experienced is called having VISION. Creating a powerful vision requires clarity about the outcomes you desire plus enough imagination to paint a mental picture of those realized outcomes. Having a vision is like putting a destination on your map. |  |