

# Shake Your Thinking... Shake your School

Making culture shifts happen  
one thought at a time!



# Who are we?



**Karla Hardy**

Karla has been in education for 25 years and is currently serving as a counselor at Valley High School in the West Des Moines School District and is also a 3 Principles facilitator.



**Mitch Kuhnert**

Mitch has been in the education business for 17 year as a teacher for 7 years and then administrator for the last 10 years. Mitch is the principal at Valley Southwoods 9th Grade High School in West Des Moines, IA. Mitch has been teaching and implementing the 3P understandings in his school and district for the last 9 years through his school's professional development programing.

# Who is in the room.....

What is your current role  
and where do you work?

What experiences do you  
have with the 3 principles?

# Have you heard any of this in your school?

- Students seem to have more mental health issues.
- Social media has taken over their lives.
- Bullying is a big issue in schools.
- We need to help students see their full potential.

W

H

Y

?



My Story

A close-up photograph of a blue ballpoint pen writing the words "My Story" on a white, textured surface. The pen is positioned diagonally from the top right, with its tip touching the paper. The word "My" is written in a cursive, handwritten style, while "Story" is written in a bold, sans-serif font. The blue ink is vibrant and contrasts sharply with the white background.

Understanding our own functioning is a process that takes time....



# Needed Vocabulary:

## **Mind -**

May the Force be with you!, Not the Brain, Energy that connects us, Universal

## **Thought-**

How many do we have in one day?, 60,000-100,00/day, Neuroplasticity

## **Consciousness-**

What is your favorite scary movie?, Perceived reality, University of MSU

# Needed Vocabulary:

**We all have a lot of B.S.**

*(I know what you're thinking!)- Clean it up!*

**Belief Systems-**

Examples:

Democrat, Republican, religion, language, education, relationships, and anything that makes us who we are, or who we think we are...

# What I want Students and Teachers to Hear!

Get ready to be amazed...

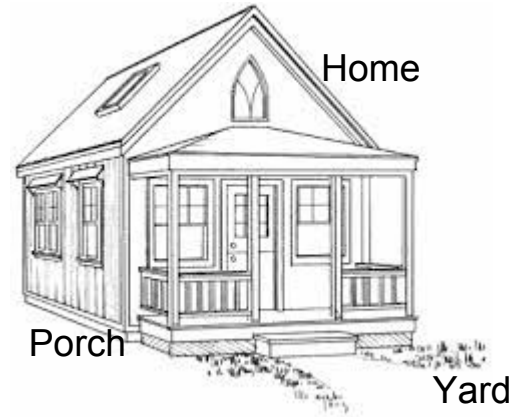
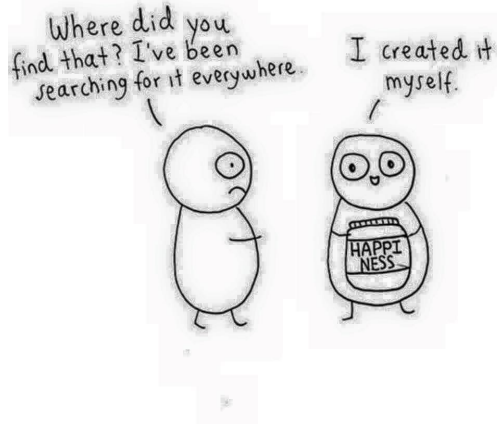
Wait...

Lower your expectations...

# #1- Happiness is the default setting!

<https://www.youtube.com/watch?v=DmqI1u72QLU>

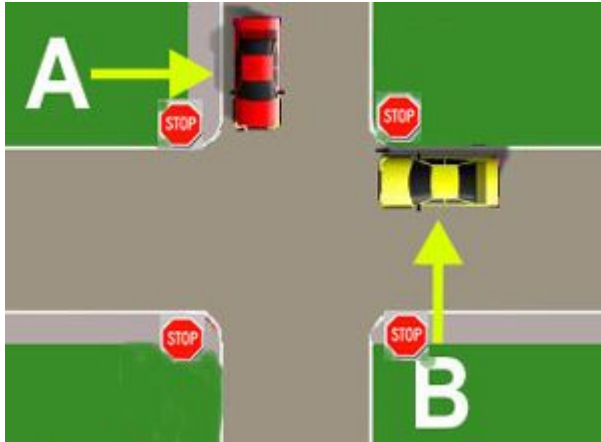
It takes more energy to stay negative then if we slow down and let your inner wisdom come to the surface.



Down the Street!

## #2- We have the power to change in an instant!

Does anyone else have emotions when they drive or is it just me?



If you want to be happy, you have to be happy on purpose. When you wake up, you can't just wait to see what kind of day you'll have. You have to decide what kind of day you'll have.

— Joel Osteen

#3- What anybody else thinks about you is their business.

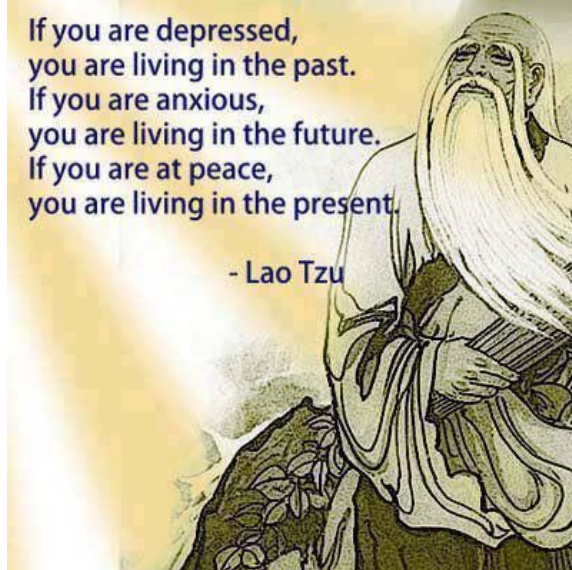


#4- Living in the present is healthier for us all!

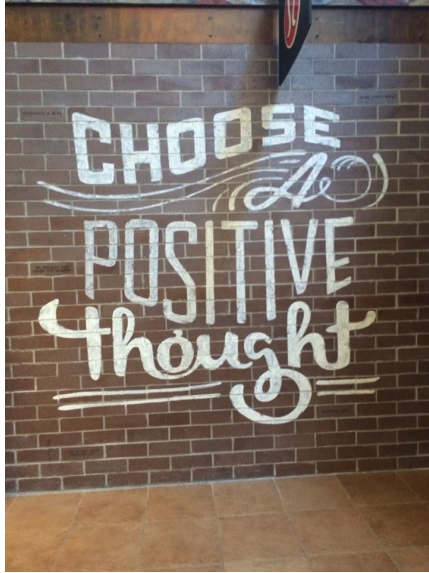
Past.....Present.....Future

If you are depressed,  
you are living in the past.  
If you are anxious,  
you are living in the future.  
If you are at peace,  
you are living in the present.

- Lao Tzu



## #5- You are always the one in control!



**People who wonder whether the glass is half empty or half full miss the point. The glass is refillable.**

# #6- You don't have to be low to get this!

Happy people can be happier.

The gift of understanding the mind can never go away.

Everyone has this within them.

The younger you are the easier it is to get it.

I don't have to fake that I believe in you.

The 3P's are everywhere.

The Human Experience can only happen one way:

Thought→ Feeling→ Action→ Result

# Some examples of our own thinking:

I've got 99 problems and 86 of them are completely made up scenarios in my head that I'm stressing about for absolutely no logical reason.



# Our school experiences....

## Teachers...

“Easily the best class I have ever taken. This should be a requirement for all teachers, administrators, and students in the district.”

“THIS IS one of the best classes I have taken. It had practical application in the classroom with students, with colleagues, and at home. I would consider taking it again just to reinforce the ideas and to provide me with more practice. The facilitators were friendly, open, and very knowledgeable. It was a very comfortable setting.”

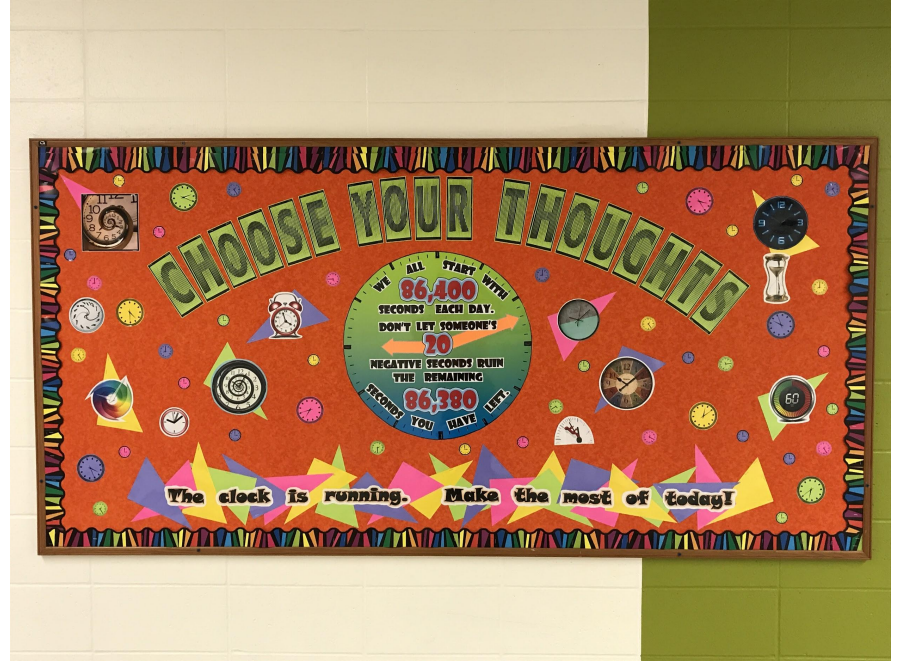
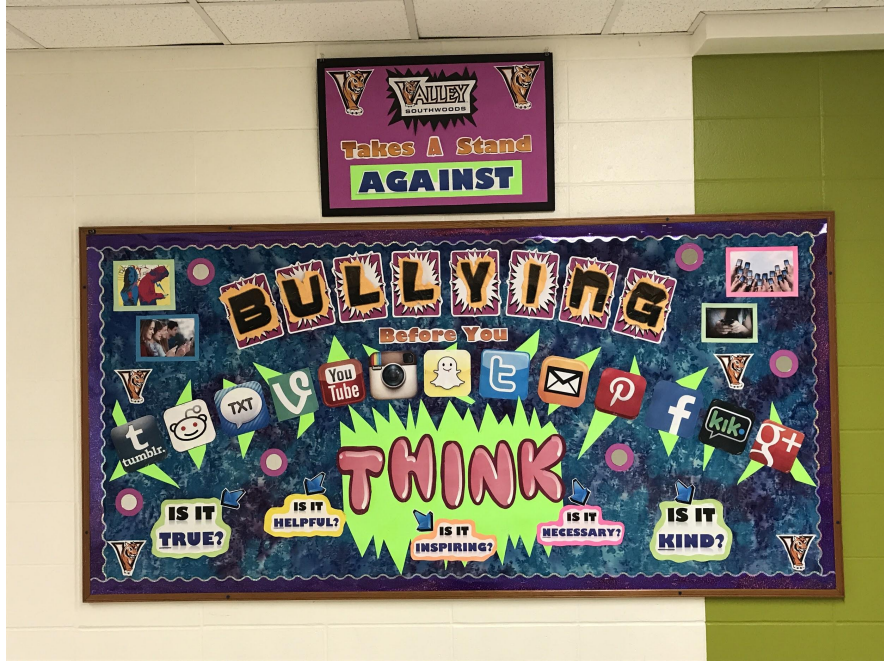
“Loved the class and it has helped both in school and also in my personal life as well.”

“One of the BEST classes EVER!!!! Everyone should have to take it!”

“This is a great class for people that lead stressful lives. I would encourage every teacher to take it.”

“Awesome content and idea for a district course. Every employee should have this training. It would do amazing things for our work with students, staff members, and our family and friends in our personal lives.”

# Application Class:




ALL START WITH

86,400

WE

## DON'T LET SOMEONE'S



**NEGATIVE SECONDS RUIN  
THE REMAINING**

**86,380**  
**SECONDS** **YOU** **HAVE** **LEFT.**

Students...

What are your “Ya buts”?

Questions?

## 3 Principles Videos:

What are the 3 Principles 4:34

<https://www.youtube.com/watch?v=JGrLxQ6IRDI>

Michael Neill at TEDxBend

<https://www.youtube.com/watch?v=xr6VawX2nr4>

Headspace Blue Sky 1:30

<https://www.youtube.com/watch?v=DmqL1u72QLU>

Headspace Expectations 1:30

<https://www.youtube.com/watch?v=7xAeJKgupPI>

Jan and Chip Chipman 38:46

[https://www.youtube.com/watch?v=ZmqLl8\\_9pko](https://www.youtube.com/watch?v=ZmqLl8_9pko)

Mother/Daughter- Rhianna's Story 13:15

<http://www.threepinciplesmovies.com/rhiannas-story/>

Michael Neil- Relationships 2:40

<https://www.youtube.com/watch?v=yLEBZ-JROhM>

### **Syd Banks Videos:**

<http://www.sydneybanks.org/>

Syd Banks Letter to Oprah 6:29

<https://www.youtube.com/watch?v=4tflhw5Cu4o>

Michael Neil- Coaching and the Three Principles 5:45

[https://www.youtube.com/channel/UC1PvTOKK\\_7JaJMEzwRFcyA](https://www.youtube.com/channel/UC1PvTOKK_7JaJMEzwRFcyA)

School: Charlotte' Story 10:26

<http://www.threepinciplesmovies.com/index.cfm/play-movies/transformation-stories/school-charlotte/>

School: Pierce's Story 10:40

<http://www.threepinciplesmovies.com/education-pierces-story/>

Application of the Three Principles 6:33

<http://www.threepinciplesmovies.com/applications-of-the-three-principles/>

What Students Really Need to Hear

<https://www.youtube.com/watch?feature=youtu.be&v=-O7v4EJjx-g&app=desktop>

### **Three Principles Movies:**

<http://www.threepinciplesmovies.com>

# More Resources

## **3 Principle-Related Books**

- The Missing Link by Syd Banks
- Second Chance by Syd Banks
- Quest For the Pearl by Syd Banks
- The Enlightened Gardner by Syd Banks
- The Enlightened Gardner Revisited by Syd Banks
- Dear Liza by Syd Banks
- Inside Out Revolution by Michael Neil
- State of Mind in the Classroom by Ami Chen Mills-Naim
- You are Enough- Tony Wilson

## **3P Websites**

- [www.sydneybanks.org](http://www.sydneybanks.org)
- [www.3phd.net](http://www.3phd.net)
- [www.vantageconsult.com](http://www.vantageconsult.com)
- [www.3principesnetwork.org](http://www.3principesnetwork.org)
- [www.threeprinciplesmovies.com](http://www.threeprinciplesmovies.com)

## **Join Lemon Shakers Facebook Page:**

<https://www.facebook.com/Lemon-Shaker-137154212984054/>

A page for educators to share information and ideas around stronger understanding of the 3P's



**Mind, Thought, and Consciousness**

*“Changing your lemons into lemonade one  
thought at a time!”*



**Thank You!**