



*Improving life and leadership of assistant principals*

### **Assistant Principal Podcast Five for Friday Template**

Hello colleagues and welcome to the Assistant Principal Podcast. I'm your host Frederick Buskey. The goal of this podcast is to help improve the life and leadership of assistant principals. Today's episode of Five for Friday recaps the strategic leadership emails for the week of October 31-Nov. 4, 2022. If you already get my daily leadership emails, then I hope you'll find some added value here and if you don't already subscribe you can find a link on my home page at [frederickbuskey.com](http://frederickbuskey.com). Many readers like to begin their mornings by reading the email and setting a leadership intention for the day, but please don't feel any pressure to subscribe. You are already doing more to grow yourself than many others out there, simply by listening to the podcast.

Inspired by my trip to Kenya...

Monday: "Let the one who knows the way lead."

Tuesday: **Focusing on what can be, not what should be, allows us to serve others instead of judging them**

Wednesday: **Are you doing things out of habit that aren't worth doing?**

Thursday: **Are you doing things that someone else could do? Could you use that time to invest in helping others grow?**

Friday: **Bad stuff happens, but you choose whether to let it go or hold on to it.**

Takeaway

This wraps up this week's Five for Friday rendition of The Assistant Principal Podcast. If you enjoyed today's show, please subscribe and rate this podcast. Rating the podcast really does help other people to find it.

I'm always trying to improve the show, so if you have feedback please email me at [frederick@frederickbuskey.com](mailto:frederick@frederickbuskey.com). If you'd like to find out more about what I'm doing to support assistant principals, you can head over to my website at [frederickbuskey.com/theassistantprincipal](http://frederickbuskey.com/theassistantprincipal).



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I'm Frederick Buskey and I hope you'll join me next time for the Assistant Principal Podcast.