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Transcribed by otter.ai

Lainie Rowell

Welcome to the Evolving with Gratitude Podcast. I'm your host, Lainie Rowell and I'm thankful you're here. Let's talk about ways to bring gratitude into our learning communities to nurture relationships, improve well being, and activate learning.

Real quick before we get to the show...WOW, I'm grateful!!!! I'm recording this update on July 3rd, 1 month after the release of #EvolvingWithGratitude the book and I'm blown away by the public and private outpouring of support. The contributors and I are seeing your shares and reading your messages and we are so thankful. If you haven't had a chance to get your copy yet, please check the show notes for details on grabbing that plus info on bulk orders to bring gratitude to your entire learning community. I truly hope this book brings you as much joy as it has brought me. Now onto the show!

Lainie Rowell

Welcome friends I have with me just a delightful person. And a very, very busy person. I actually cannot believe she could make the time webcam because she's so nice. Of course she just makes the time for her friends but Rachelle Dene Poth and Rochelle, thank you for being here.

Rachelle Dené Poth

Yeah, thank you for having me and for saying such nice things already.

Lainie Rowell

I'm not done. I'm not done.

Rachelle Dené Poth

Oh, darn

Lainie Rowell

This will probably be another love fest. But I'm gonna do a quick intro for someone who may not have had the pleasure of hearing about you or knowing you. And then I'd love for you to fill in any blanks jump in with anything that people maybe need to know about you that they don't already so

Rachelle Dené Poth

Okay.

Lainie Rowell

All right. Rachelle Dene Poth is an edtech, consultant presenter, attorney. That still boggles my mind, author and teacher of Spanish and STEAM and emerging technology for the STEAM. Right?

Rachelle Dené Poth

Right.

Lainie Rowell

Got it. And then you're also friends, this is a short-ish podcast. So I can't list all the things but I'm gonna try to hit some of the big ones. So an ISTE certified educator, you receive the ISTE making it happen award. That's a very big deal. Also a big deal. One of 30k 12 IT Influencers for 2021. You're the author of seven books, which is quite impressive. And a columnist for Getting Smart. Now, I didn't get it all in there and huge fan of cats.

Rachelle Dené Poth

Yeah, yeah, I know, you can put that one out there. Because most... I'd be surprised if anybody didn't know that about me by now, thanks to my good friend, Jamie Donnelly for always letting everybody know but

Lainie Rowell

well, in anyone that sees you or audio only for this, obviously. But anyone that's seen you on anything live has probably noticed a four legged friend making its way across your screen

Rachelle Dené Poth

Most likely Yeah. Not surprising.

Lainie Rowell

Okay, well, anything else you'd like to jump in with?

Rachelle Dené Poth

I don't think so you gave a lot of information about me. I think if anybody listens to that, the one thing they can figure out is I really liked school and learning. And just really like sharing what I'm doing what my students are doing. So if it can make a difference for somebody else, I mean, that's what he will say I actually had a student the other day, say, Why do you do what you do? And I said, You need to be a little more specific. And I named like five things, one of which did include cats. And like I said, which which are you, you know, curious about now she just said, like, why do you do what you do the teaching and all these other things, and we just kind of conversation about I mean, it's hard when you're younger, to know what you want to do. I still joke and say, like, I don't know, what I want to be when I grow up, has just keep evolving, right? I mean, that's the key word. It's just that constant, like evolving evolution that we go through throughout life. So no, I will leave whatever you said at that. So well,

Lainie Rowell

Again, we could probably fill all 30 minutes talking about the just the things you do because you're the busiest, potentially the busiest, but for sure, one of the busiest people, I know you are jam packed with things, you're always doing good things for other people. You're always sharing what you know, and you're always learning with other people. So you just, you're just awesome like that.

Rachelle Dené Poth

Wow, you give me too much credit. But thank you.

Lainie Rowell

No, I don't. All right. Just just gonna embarrass you right up front. All right, well, this is a show about gratitude. So I'm going to ask you the first of my traditional, this is what episode? I don't know, we're probably in the double digits by now. But anyways, so what does gratitude mean to you?

Rachelle Dené Poth

Yeah, that's always... you know, sometimes when people ask me questions, like, what does this mean to you? I think it's just, I get nervous about like, am I not going to answer correctly? Or like, is there a one right answer definition or something? And, you know, sometimes I feel like I could explain it with examples better than an actual definition. But I mean, it comes down to just being thankful for things and appreciating things in life. And so I guess just, you know, thankfulness being appreciative to friends, family, colleagues, students, whoever you interact with, and recognizing when somebody does something for you, or just having that kind of inner desire to do something for other people, because you know, they need it and whether or not that's, you know, spot on answer, but those are just things that I think of, you know, for me, like I tried to be really mindful of when I'm giving thanks to somebody for even the slightest little things. And I think often, even when I was younger, I mean, I was brought up and I always say, Please always say thank you and those types of things. And I think along the way, some of those lessons might have been forgotten, or they're, they're not taught anymore. I don't know what's just the case. But it's just like sometimes even just the slightest things, but it's just recognizing somebody you know, or something that was done for you. somebody stepped in to help you, or you yourself, take that action because you appreciate what somebody has done for you. And you might not even think about it as an intentional step that you take, it just kind of happens. And then in reflection, you think, oh, yeah, are they thank you? And you're like, Wait for what? Like, what did I do? So I don't know, all of those

Lainie Rowell

All the things right, and it's really beautiful, I want to touch on a couple things that you mentioned. One is thankful for students. And so I want to make sure people know that you did actually contribute to the book *Evolving with Gratitude*, and us specifically wrote about how you are thankful for your students and specific things that they taught you. And I think that's really lovely. I really want to do my best to acknowledge everyone around and I think that sometimes our, our actual purpose for being there, our kids are the ones we can maybe forget to thank or appreciate. So thank you for putting that in the book. And the other thing that you were talking about as you were sharing what gratitude means to you, is this doing for others, and I see that you do so much for other people. So you have seven books. And what I see you do is amplifying other authors, and you have a podcast, and you have other podcasters talking about their podcast, you know what I mean? Like you, you are so good. I think that is one of the ways that you you show appreciation is that you lift other people up, you share you collaborate, and so I just really appreciate that in you.

Rachelle Dené Poth

Well, thank you and I, I do enjoy doing all the things. And I, I would much rather tell a story about somebody else, or help somebody else tell a story and amplify them, then just my own experiences unless it ties into like what my students are doing, or, or do something that I think would either entertain somebody, or maybe it might just be the one story that somebody needs to hear. Because like it was a challenge for me. And I know there's somebody else out there that that can that that will resonate with. And so, I don't know, I just kind of really enjoyed that over the last couple of years. So thank you,

Lainie Rowell

you do it so well. And, and I want to dig a little deeper in and just have you share because you said as you were describing how what gratitude is to you, you've actually said I'd rather tell stories, so now's your chance. Here's your here's your examples. Here's your stories. And I'm gonna there's a lot of different ways you could go with this. But basically the question is, you know, what ways have you experienced or express gratitude now, so you can talk about

experiencing gratitude, you can talk about expressing gratitude, you can talk about both, you could talk about it personally, professionally, totally up to you.

Rachelle Dené Poth

Oh my gosh, so many choices. I needed, like a wheel to spin to see like, what should I do?

Lainie Rowell

Right? It's a paradox of choice.

Rachelle Dené Poth

I know, I people always get me when they're like just one thing. And like, I can't just pick one. And then when I have three, you know, multiple possibilities. And like, I don't know what to pick. Well, you know what I'm gonna go kind of just what's off off the cuff, which is pretty much what I do anyway, and say, you know, recently, just in my classroom, as the year has been winding down, you know, students see me in a different way, I think, and I see myself in a different way than when I started teaching all those years ago. And I've continued to there's the word again, evolve. Because I mean, my blog, I say, I'm learning as I go. And if I could go back, and even the things that I've written, you know, things I wish I knew, and lessons learned and all of that, and that reflective process, you don't necessarily always notice the slightest things, you know, if a student does something for you, or you do something for a student, or colleagues or whatever, and I've had students say to me, like, you know, you're just so, so chill in this room. And, you know, thanks for for creating this space. And thank you for this. And then sometimes, you know, I walk around spraying their desks, and I might have actually written about this in the book. But like, you know, throughout the school year, we've been walking, like cleaning the desks. And so I go to each one, each one their desks, and of course, in Spanish, or sometimes English, because I don't teach all Spanish courses, spray the desk. Thank you. Thank you. And just the other day, one student said, Why are you thanking me? I said, because you're wiping the desk, and they're like, you're the one walking around in spring and I go, Okay, well, then thank me to, like, just both of us. But if they really wanted to know, like, Well, why, like, Isn't it my job or something? And I said, Well, it's not that it's your job. It's just, you know, we, I want you to come in to a clean space, and everybody else wants to come in and like we're working together. And so, you know, I'm just thankful for that. And then even just the slightest things, you know, my students at the end of the school year, now, it's hard because they got AP exams or standardized testing and sports and all of these different things. And I've really enjoyed all of my classes. I enjoy my classes every single year, and I noticed that I do I don't know how ease up a little bit, and I became a little more chill towards the end of the year. And not that I'm not always kind of that way because I like I want them to have fun learning, I want them to feel comfortable in the space. And, you know, I appreciate that they're taking the language take in accepting these challenges that come with it. And towards the end of the year, and even throughout the year, I like to try to do little fun things, maybe bring in some candy. But this year, I decided to go big and just, we're having ice cream parties, you know, we're going outside just little pick me up kind of things. And not anything aside from buying the ice cream and ice cream cones ahead of time. That didn't take a lot of planning. And so that was just a way to thank them for you know, really working hard and going through multiple different books and all the different things that were shifting in our classroom, and just trying to make learning a little bit fun and flexible and get them outside. And it was just my way, I mean tangible, because I bought the ice cream. But the one time it was just going outside and I gave them a worksheet, a word search to do and they were just so thankful just for the opportunity to get up and to move and to go outside. And it didn't it didn't take much. I mean, I had to make sure that they didn't like run off the school, or across the street to the bakery, which I said to them, if you're gonna if you're gonna go over there, like, please bring me back a bagel in a latte or something. Yeah, but just small things like

that, you know, and we have, there's a teacher in my school, who teaches English, he does AP English and some other courses. He's a fantastic cook. And a couple of years ago, he made for Cinco de Mayo, he made just this meal for my Spanish three and four classes and didn't want to take any money. He didn't want to take anything he just really enjoys doing it. And so he did it again this year he came in he served the kids and we wanted to give it to him. No, no, no, we knew he wouldn't take anything. And so we gave him a gift yesterday, actually. And he was just like, overwhelmed. He said, You know, this is what teachers do. We do these kinds of things. Because we appreciate you, we know that school was hard. And we want to make things nice for you. And being part of that, you know, where the students are thanking him. And he's thanking them and just seeing these different relationships and how the what the impact of that is, I think it makes such a difference. And I just gave you so many different things kind of all over the place. But even personally, when we go out to restaurants I mean, I spent so many years as a server at different restaurants. And I appreciate the work that they do. And I'm always thankful, even at the airport, you know, go through TSA, thank you for scanning me like thank you for keeping us safe. But even when I signed the checks, you know, I always write thank you to the server or because it does make a difference because you don't know what their day has been like, up to that point. And maybe it's been a really terrible day. And nobody has said, Thank you for anything, just hearing those words. Sometimes that's all it takes, like, you just don't know. So it can be I mean, you want to buy me a big brand new car totally fine. Like I'll take them or my students and you want a new car. I was like, why are you by? No, I'm fine with my car that I have right now. But it's even today, just as an example. And I'm going to pull this out not that anybody that's listening can see this, but I'll talk you through it. So I have a student who last year, folded this for me. And it's a heart and she does all the paper folding, Origami. And today she walked over. And she gave me an It's a flower. And it's hard to see well, on this one, you can't really see it. But on that one, it has her initials in the year in it and I mean, she just said I want to thank you and I had some students who put on... melody had sent me a box of props, and they put all the hats and sunglasses on the last couple of days. And they took a picture. And they went in and got a larger one printed out and then wrote all their things and everything on the back and gave it to me today and brought me stuff from the bakery for breakfast. So, you know, so we unexpected, you know, they didn't have to do that. And they just said, We're just so thankful to have you as a teacher, I so I'm like, I can't even tell you how thankful to have you as my students. And so it was it was really nice. I mean, we've been trying to do that more so this year. So that's a long answer. So this 30 minute podcast just turned into a 30 day podcast. Thank you, Rachelle,

Lainie Rowell

You're doing great. And I have to tell you all the feels as you're talking about it, because we're recording this in advance of when it will go out but you're in your last week with these kids. And so as you're showing me the origami heart, you're talking about the flower with the initials like I'm just, I'm honest, honestly, I'm getting a little choked up because I'm like, Oh my gosh, this is like the winding down of the year and it's uh, you know, we want to express gratitude throughout. But it's a real time to kind of savor that time together and make sure that you you leave feeling you know, everyone leaves feeling appreciated. I love that. I also want to just touch on the student who's like, why are you thinking? So I love that because I do think you know, one of the things that I have learned and continue to learn is this idea of going from like that simple reciprocity, to you know, deeper gratitude into ultimately building your own grateful disposition. So, what I love about that is, is the kid asks and you don't say like, cuz I'm being polite, you actually give the reason like, No, you're, you're helping me you're doing this for me. And I think that's really important because it is part of the social contract, we will say, Please and thank you have to be polite members of society. But it has to go beyond that to have the full impact. So I love that that student asked, and I love that you were able to give this a genuine response.

Rachelle Dené Poth

And it's funny sometimes, too, because they'll, and you know, my personality well enough, and some people that are listening may know it. But I, I don't want to say that I'm sarcastic. But I mean, I'm like, what you see is what you get. And I tried to use a little bit of humor. And so one student had turned in, first of all, they had an assignment to do in class, like, I really don't give homework, we work on things in class, because I want to be there to help them. And they kind of one said, like, why are you giving this to us all? Well, I want you to practice I want to help you. Okay, well, thank you, I guess and I went, Well, you're welcome. And then there are other students who would like I will pass the paper, the worksheet out that we're going to work on in class too. And they thanked me. And the first time I heard that was a couple of years ago, and I was thinking like you're thanking me for giving you work. But, but it was just the politeness, but I just joke with the students. And then one student turned the paper in and said, I just I can't take it anymore. I don't want to do it. I don't want to do anymore. It's not that I don't like Spanish. It's not that I like this assignment. I'm just really tired. And, you know, I'm kind of frustrated right now. So I think I need to quit there. I hope you're not mad. I said, No, not mad. I said, just thank you for being honest. And telling me you know, how you're feeling because that's important, too. They weren't actually thanked me when I did. Because I appreciate the honesty and like, you know, because I need that feedback. So,

Lainie Rowell

yeah, that's really great. And earlier, you talked about how you kind of get a little more relaxed towards this time of year. And I think that that's what we do, right? It's like a gradual release of responsibility, in a sense, because we start off with, we kind of need to get into those rituals and routines so that we have a safe and efficient learning environment. So we're all feeling, you know, seen and heard, and everyone's included, and, and we're doing the things that we need to get done. But over time, that community of learners develops in a way that it doesn't have to be rigid, and not that it ever has to be rigid, rigid, but it doesn't have to be quite so structured. Because you have built this culture of well, this is what we're going to do. And this is how we're going to learn together. And then obviously, you've also built a culture of honesty, where your learners feel comfortable saying like, this is I can't get there right now and right. And they trust you with that information that you're not going to do something that would be very unhelpful.

Rachelle Dené Poth

Yeah.

Lainie Rowell

For lack of articulating that better. But yeah, I love that. So the book talks about gratitude with kids, peers, and the world. And I was so happy to put you in the book. And I initially, like my first thought was like, would you write for the kids section? But I know you could have written for any section? Is there anything in particular that you and I've already shared a little bit about how you share gratitude, you know, with the world and your peers, but are there any other specific examples or stories that you would like to share? Thinking maybe more about, like colleagues or even use, you are a great sharer on social media, and I think maybe there's something there that you want to share with our listeners,

Rachelle Dené Poth

I try to be better about just, you know, checking in on colleagues, or anybody really, and making sure that I thank people for things, you know, people that support me, people that check in on me, thank you for checking in on me, because life is so busy anymore. And I mean, we had some, you know, every Saturday meetings where we'd have coffee, and we'd zoom in, and that

kind of like shifted away. And I was so thankful for having the technology to actually be able to see friends like you who you don't get to see that often. But the one thing that comes to mind, and it goes back to when schools first closed back in March of 2020, but the the last part of that year, we weren't using anything in my school, as far as like teams or anything, there was nothing set up. And so there wasn't like a consistent class meeting. So I just set up my own Zoom account, and I let the students know like, Hey, if you want to join in, here's the days I will be here if you have questions, because the whole goal was like, let's just get through this here for everybody. And I had some students who just like they needed that they needed that connection, because they're stuck at home, you know, like, what can you do? And they joined in the participated and I started to just build this it's kind of funny, this Amazon wish list of items, not for me, but just like as I knew, and I'm for because I'm the only Spanish teacher whether or not the students feel the same way. But sometimes, you know, they might have any one of them said to me today, like, wow, I could have you for five years because I had, you're in eighth grade. And if I take Spanish for that, I'm gonna have your five years. And I said, Yeah, and I and it's awesome, because I get to see that growth. But, but anyway, so I have this list. And I get to know some of the students so that year, throughout the, you know, the last, I don't know, six weeks, I knew that students needed some type of like, kind of pick me up because they couldn't see their friends, they weren't doing a lot of things. And so I just started to gather all of these ideas on Amazon. And then very randomly, I would just send gifts to them at home. And knowing the students so like the student that made me the paper origami and the heart and the flower, I got this like pinata making kit. And then there was a student who loves to paint. So I got this like paint, not really a paint by number, I forget what it was, but I think it was a little more, it'll be easier on the Amazon screen than it was when she got it. But she maybe gave her something to do that she really loved that she had this display. One student always like to boldly crunch on an apple in the middle, like, right at the beginning of class, you know, very obnoxiously, like, Do you think maybe you could get like the apple slices instead of like the full apple. So I found but that but the student was also like, like all students, you know, you have those stress balls, like you squeeze the things. So of course, you can find everything I found a squeezezy Apple stress ball and something else. So I sent that to that student and just like random things like that, you know, and the point of me telling you this is that one of the students it was in that class, and I had forgotten about it, because it wasn't like I was doing it for, oh, I just want them to like me as a teacher, I'm gonna buy them gifts or that I had to nobody said I had to I just thought like, they need something. And so anyway, I walked back into my classroom on Friday of let's see, in June, the first Friday in June, I think here, because that was the seniors last day and on my keyboard and my computer was a letter note written from one of my students that talked and thanked me for all of these different things. And there were things in there that I had forgotten about. And that was one of them. And she said just, you know, for sending us these these gifts, these heartfelt and yet sometimes random gifts, that really made a difference because we were experiencing so much we couldn't see our friends. And it just really, you know, it helped to lift me and I know the other classmates up and I had totally forgotten about I mean, I remember when I go into my Amazon I'm like what's this wish list it I see like all these goofy things like llama pens, and pinatas and funny socks. But you know, and I've gotten a couple of notes like that, and it was just written on notebook paper. And you know, it she, she put time into it, I'm sure but just, it brought tears to my eyes. Although I like to tell my students like my eyes are sweating, I'm not crying, you're just sweating. It's hot in here. But I just I sent her a message on Microsoft Teams and thanked her for the note. And then I saw in the hall and we gave the you know, like distance hug and everything. But it's just a small things, finding the notes or leaving notes. And even years ago for my students. They're like, are you supposed to do this? I went well, it's a little bit late now to ask that question. But I took the expo markers. And I had like six seniors graduating, and I wrote on all of their desks and put little gifts on the desk for when they came to the class. And wrote I mean, in Spanish, of course, on the corner of their

desk, just to thank them for, for and in some cases, five years of being in my class and helping me to grow as an educator, because for that group, who now some of them have graduated college, or we'll be graduating next year, they changed me. And so I mean, there's really no way to thank them adequately for that other than constantly being there if they need me now. And just I mean words, right? Although I think one of them might have asked to buy a car, or fund a college tuition, to which I said, I'm still paying off law school, like I can't find your education. I'm in a doctorate right now. So but, you know, you never know when you're going to impact somebody, in a way. And I've gotten some other notes like that over the years, too. But that one really hit me because I had forgotten and even just my classroom and she said, Thank you for creating this space where everybody feels safe and comfortable, even if like Spanish is not their thing. And it's not their, their strong suit, or they're afraid like I never once felt like uncomfortable. And it's just nice to come into your room and like hearing that I look around my room is kind of a mess right now. But to hear that, like that made a difference for because that's something I really want to try to do. And to have the student come back after, you know, all these years, and I haven't had her in class for two years. To write that and to give that to me. It's like it was huge. So those little notes, yep, post it note, you know, a text message like those things matter.

Lainie Rowell

They do and I think sometimes we have this moment where we'll go, oh, you know, I should write that or send a thank you note or oh, I should do this. And then you go, Okay, I'll do that later. And then it gets lost or you go, Oh, maybe I don't know, maybe that would be too much or something and you maybe talk yourself out of it. Maybe I'm the only one. But this this has happened where I've had it in my mind. In fact, it happened yesterday, but I will make this happen. But I was meeting with one of my child's teacher and I walked out of that meeting, I was just on cloud nine, she sees my kid for all the good. And not that she doesn't see what needs some work. Of course, everyone needs some work. But it can be a little nerve wracking when you go in to meet with your child's teacher because you go, are they going to, they're going to tell me everything that's wrong with my kid. And this teacher, who is so lovely. I'll say her name, even Susan Oakes, she just, she just made me so I almost cried. It was she saw so much good in him. She sees so much good in him. She tells him, she tells us. And it just makes all the difference. And I love how you see that in your learners. And it's obvious they see it in you too. And so I think I think I'm gonna let you get to your shout out because I just snuck one in. But I think as we transition to that, I just think it's a really important thing to remember. Just say the thank yous when when it comes to you, and don't wait, just do it in the moment, it doesn't have to be a big gesture. A post it note is fine. Just anything to express that gratitude. In the moment is just so special.

Rachelle Dené Poth
Couldn't agree more.

Lainie Rowell

I love it. All right. So now it's time for you to give speaking of Don't waste another second. It's your time to give a shout out. So just someone who's top of mind this is not a favorites game. But just someone who's top of mind.

Rachelle Dené Poth
And now's the time I have to pick one.

Lainie Rowell

I mean we're shooting for 30 minutes.

Rachelle Dené Poth

Yeah, I know. Yeah. I mean, honestly, I'm gonna have to just say like, students, I have to, because just even today, they want to pop in and walk by and thank you, and all of that. And just really, you know, the last couple of months of school, there have been some things in my own life that have been, you know, not like the greatest and having them and that to kind of just keep you going. And you know, like you, everybody has challenges that they go through and roadblocks that they encounter and make, you know, when you have that support system, or you have something that really brings you joy, then you're thankful for that. And what I've experienced with them, I mean, like, just, if we had another half an hour, I'd tell you some of the funniest stories or share some of the funniest videos and pictures with them. But they just, they just bring such joy. And they're so good with each other and the relationship they've built. And I'm just so thankful that I get to work with them, and that I get to continue working with most of them next year, because they're stuck with me for another year in Spanish. So,

Lainie Rowell

I mean, I can just the way you talk about your learners, it's just so clear why they love being in your class. I mean, it's just like, the joy for teaching just comes out as you talk about them. And so I think that's, I think that's wonderful. All right, my friend, I would like for you to tell people how they can connect with you. But first, can you give us... We don't have time to list all seven books. But tell us about some of the tell us about some that you want to make sure people hear the titles of and we'll put a link to your website, and people can find the rest there. But give us some of your titles, please.

Rachelle Dené Poth

Okay, so I'll give you the first one because that one has a student design cover who now is graduating this year, but was in ninth grade. That's "In Other Words, Quotes That Push Our Thinking". And that one has a chapter written by two students actually two, they were at the time sophomore, so I'll share that one. Because I just love because it has other people's stories, I will share my "True Story: Lessons That One Kid Taught Us" because it's about when you can get that like lessons we've learned from our students and the same student that design that first cover, co designed this cover for that book. And then I'll share the most recent one of which, you know, I wonder if there are people that might be in the room that are in this recent one, I'm not sure but it's "Things I Wish ... Knew". And it's just anybody who... there's 50 educators, including myself in it, the true story had 38 And I think the in other words had like 22. So, but I like because it's shares different stories, but the most recent one, it's really great for teachers or anybody for not even education because there are so many great lessons in there that would help you to think about the work that you do your daily life, personal professional, whatever. So I named those three because of the power of the stories.

Lainie Rowell

And as one of the contributors. It's such an honor when someone asks because you to do that, so thank you for that opportunity. And then I will just say from the other side of it, there's 20 amazing educators, including you and Evolving with Gratitude. It is an art. I think I did a decent job, but it did art to craft them together. And the way that you did that with 50, because I thought it was and there's 18 stories by 20 and Evolving with Gratitude, but that's still me trying to like, with so much care and respect, find the place for it. And and you know, get into it and get out of it to the next one. Like, wow, that's that's the talent that you have an I admire you I did my best to emulate that. But you really have mastered that. So thank you for that.

Rachelle Dené Poth

Thank you. Yeah, it's not easy. It took me a couple times to get a flow going.

Lainie Rowell

It is because you have the idea in the book of where you are gonna go. And then but you don't want to stifle other peoples. And so you you kind of have to find this, like, you did a beautiful job with the flow. So as I read that, I was what I kept thinking, wow, wow, wow.

Rachelle Dené Poth

Thank you.

Lainie Rowell

Alright, so let's make sure people know how they can connect with you. I will put everything in the show notes. But what do you what's the quickest way? Where do you spend most of your time? I think I know,

Rachelle Dené Poth

Besides all the computer

Lainie Rowell

On the socials

Rachelle Dené Poth

Yeah, Twitter, Twitter, I mean, all of them. But Twitter and Instagram, I should say it's @Rdene915. But that's my blog is that same site, my Gmail, so anybody would want to connect me? You can find me at the Rdene915.

Lainie Rowell

Yes. And so I will make sure all of that's in the show notes. And then anything else you want to tell us about projects you got going on? I mean, this will come out after you know, this will come out in probably July or August. So I know you've got a big summer ahead of you. But any any big projects you want us to know about?

Rachelle Dené Poth

No, I mean, everybody keeps asking me are you working on books? Are you writing a book?

Lainie Rowell

Oh my gosh. You already wrote 7! Who are these people?

Rachelle Dené Poth

I know it what's what's so funny too is somebody one of my students looked up and they're like you wrote 17 books or something? I was like I didn't write all those books. I just like contributed to some of them they're like but still, but I did meet somebody who has like 50 books their name I am not going in... Yeah, that's a lot. But now I am working on something book wise but not in any official form and then just blogging and I don't know some conferences throughout the summer and some travel with some amazing friends I'm looking forward to so Yeah, time to learn and relax.

Lainie Rowell

It'll be funny this we will be in Nashville together maybe around the time this drops. I don't know I have to look at the schedule. But I'm looking forward to seeing you in person and having so much fun with you as I always do, whether it's virtual or in person, it's always great to spend time with you. So

Rachelle Dené Poth
you as well.

Lainie Rowell

So if you're looking for another another thing to do, there's this thing called sleep. I don't think you've heard of it. But if you if you want if you want to try and squeeze one more thing in in your life, I'm just saying

Rachelle Dené Poth

I will work with I'm gonna put it on my third to do list.

Lainie Rowell

There you go. All right, my friend. Thank you for being here. And thank you all for listening.

Lainie Rowell

If you're grateful for this episode, please be sure to subscribe today. And if you're feeling really thankful, please go to Apple podcasts to submit a review so other educators know the value. One last thing. Please connect on social media using the hashtag #EvolvingWithGratitude to share your gratitude stories.