Monday

Good morning. This is [insert name], your school counselor, and today is the first day of “National School Counseling Week.” Our focus for the week is “The Recipe for Success.”

This week, we will talk about the ingredients for building a successful future, the challenges many of you will face along the way, and what you can achieve if you believe in yourself.

Success, and how we measure it, takes on many shapes and forms. There is no single ingredient that will determine your success or failure, but many different ones. Passion and a desire to continuously improve are two such ingredients.

Julia Child worked in advertising and was a top-secret researcher during World War II before becoming a famous chef. Her recipe for success was simple: “Find something you’re passionate about and keep tremendously interested in it.”

My job as your school counselor is to help you on your journey and work with you to prepare for life after you finish school. Let me help you write your own recipe for success.

I can help each of you overcome the obstacles that everyday life brings and help you reach your full potential. That’s what school counselors do: We help. Come by and talk to me soon.

Tuesday

Good morning. This is [insert name], and today is the second day of “National School Counseling Week.” Today’s message is about how failure can ultimately lead to success.
If a major league baseball player gets a hit in three out of 10 at bats, he’s considered a success. That means he fails seven out of 10 times, but he keeps working and stepping up to the plate.

Michael Jordan, who won six NBA championships and is considered one of the greatest basketball players of all time, talked about his failures once. He said he missed almost 10,000 shots, lost 300 games and failed to make the winning basket in the final seconds 26 different times. But he never stopped shooting.

“I can accept failure, but I can’t accept not trying,” he said. “I’ve failed over and over and over again in my life. And that is why I succeed.”

Steve Jobs, the founder of Apple Computer, had a similar outlook. “If I try my best and fail,” he said, “well, I’ve tried my best. Your time is limited so don’t waste it living someone else’s life.”

You can’t be afraid to fail. It happens sometimes. The key is to keep trying. As your school counselor, I’m here to help you navigate your failures and celebrate your victories, no matter how large or small. Let’s succeed together.

Wednesday

Good morning. This is [insert name], and today is the third day of “National School Counseling Week.” Today, let’s spend a little time looking at how you can write your recipe for success.

For a kitchen recipe to work properly, you must have the right ingredients and follow directions. Life, however, doesn’t have an instruction manual, so finding your path to success probably won’t have the same ingredients as the person sitting next to you.

And that is OK. We don’t all have to march down the same path. As motivational speaker William A. Ward once said, success comes when we:

*Study while others are sleeping*
*Work while others are loafing*
*Prepare while others are playing*
*Dream while others are wishing.*
We all know things can get you down – friendship troubles, family problems, not fitting in with your peers. It’s easy to lose your focus on the future when things are difficult in the present.

But those are pebbles in your path to success. You can make it with the help of people like me, your school counselor. I can help you learn to how to overcome the rocks in the road.

**Thursday**

Good morning. This is [insert name]. Today is the fourth day of “National School Counseling Week,” and I would like to spend a moment talking to you today about compassion.

The inventor Thomas Edison said, “Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life.”

Think of it this way: Some people think the only way to be successful is to be selfish, to think only of themselves, their wants, their needs. But in reality it’s just the opposite. We are more successful when we work together, when we don’t try to put an “I” in the word “team.”

Will Rogers, a famous writer and humorist, said success is simple as long as you “know what you are doing, love what you are doing, and believe in what you are doing.”

If you believe in yourself, work well with others, and maintain a positive attitude, then you can do anything.

As your school counselor, I work with a team of people that wants to help you succeed. Your teachers are here to help. Your principal is, too. Our team wants to help you build a magical future.

**Friday**

Good morning. This is [insert name]. Today is the final day of “National School Counseling Week.” Our last message this week is a summary of all we have learned about the Recipe for Success.

While everyone’s secret ingredient is different, the basic rules apply. All you have to do is:
Heat up an idea
Take action
Mix it up with passion and belief
Then add a dash of persistence

As your school counselor, I can help you find your ingredients for success. Together with this recipe, we can build futures that benefit everyone.

Thanks to all the students and staff for helping to make this a great week.