

8 to Great 15-hour Class through DWU Night 2

Talk to me about your thoughts about last class and why you are here in this class.

Pass out sheets of papers - - TODAY IS THE 1ST DAY OF THE BEST OF MY LIFE!!!!

Draw a pyramid on the board

The Power Pyramid

Is power a good thing? Yes or No

Are there bad things you can do with this power? Yes or No

Let's take electricity - - Good thing but it can also be bad

So what is the worst thing you can do with your power? To give it away!

How do we give away our power as teachers?

How do we give away our power as parents?

Fury, rage, jealousy, frustration

Are you ready to learn how not to give away your power?? Yes or No

You are born at the top of the power pyramid and you wake up every morning

It's like we start the day off with a full tank of gas.

We can think thoughts of doubt and pretty soon we are at a 5

How long would you stay with a car that is only 5% efficient?

Do we sometimes have 5 days - - - low energy –don't feel very powerful and have NO hope

Maybe not a whole day - - - - maybe just some 5 hours

When we're 5ing, we bring out the worst in people

When we're 95ing, we bring out the best in people

Whether or not we stay 5ing or move to 95ing is OUR CHOICE - - as attitude is MENTAL

I'm going to show you one way to get from 5 to 95

Finish these phrases for me.

What goes around - - - -

Birds of a feather - - - -

When it rains, it - - - -

Misery loves - - - - -

But so does JOY

How long does it take to go around the top of the pyramid? The bottom.

When we are 5ing, everything seems like such a chore.

When we're 5ing & come across a 95er, we write them off as fake - - - lucky

Do you want to hang out with 95ers Yes or No

Do you want to work for 95ers Yes or No

Do you want to marry a 95er?

In order to do that, you must what???? Be a 95er

One way to do that - - - I'm going to show you how drum roll - - let's hear it

Choose thoughts that feel good - - that's it

Did I say good thoughts? No, not a thought god who goes around deciding if it is good or bad as it is different for each person.

Did you walk in today with something you could if you wanted to worry or complain about????

Is there anyone who could if they wanted to be grateful????

That means we have a choice

Will our lives ever be worry free? NO, it will come knocking at your door many times - - but you can decide if you are going to invite it to take over your thoughts - - not dwelling on worry is a choice

Do you have people that you don't like as well as others - - there could be millions of reasons why, but here's the thing

You can focus on what you don't like about someone because we know there is always something we could find that we don't like about someone

I say we are $\frac{1}{2}$ jerk and $\frac{1}{2}$ jewel

Einstein was a genius who flunked math in 6th grade because he couldn't do Algebra left brain math

He flunked the entrance exam at Zurich to get into the top math university in the world because $\frac{1}{2}$ of it was left brain math

Thank goodness someone happened to look at the test and said, Hey wait a minute guys this guy got all of these right and that is impossible to do because we make the test impossible to get done in the time we give them.

The kid is a genius - Isn't it great that they were thinking about his ½ jewel

Think about that student who really gives you trouble - are you focusing on his/her 1/2 jerk or 1/2 jewel

Think about the person that rubs you the wrong way. Can you think of something good about that person?

When we focus on someone's jerk, we will definitely find it!

And when we focus on someone's jerk, it brings us down to a what??? 5

In any given circumstance, there is always a 95

You have 95 moments every day of your life and 5 moments

The name of this program is 8 to Great so here is our rule at 8 to Great

When something good happens, tell 8 - - why don't we want to tell people - - don't want to brag!

My husband Tim works for Central Electric, or as Glen Campbell would say, "He is a lineman for the county!"

One of his co-workers asked him one day if his kids were *#@%! perfect. He wondered what he meant. You tell us all of these good things about your kids. Tim said that our kids are just like everyone's kids. They have both good and bad things that happen to them. I'm just not going to let everyone know about the bad!

So, when a bad thing happens, when a 5 happens, I want you to take 8!

Take 8 minutes to do something fun. play the piano - go for a walk - hug your children

Say it again

I remember listening to the news after the tornado in Wessington Springs, SD, and I was just horrified by the loss that they experience, but as I was listening to the people who went through this, they were talking about how (can anybody guess) yes, how grateful they were

Did they talk about what they had lost? Yes, some of them, but many talked about how grateful they were for what they still had

If the people in Wessington Springs can be grateful, then I guess we can also be grateful. Amen!

What is the fastest way to move to the top of the pyramid

G it's simple

G it's powerful

G it's GRATITUDE

Gratitude is the fastest elevator

Do we all have one thing to be grateful for??

Go ahead and turn to one person and share one of your gratitudes from this morning right now

(Whistle)

How did that feel?

Good

It's the fastest way from 5 to 95

You can't feel grateful and worried at the same time - - it's just like oil and water - - they don't mix

You can't feel grateful and nervous at the same time

What we are finding out is that the best way to get from 5 to 95 is to share

This is why I've given you your homework

Yes, typical teacher

(WRITE ON BOARD) When we feel good, we have more what??????

I will give you 45 second (there are 250 correct answers)

See how many you and a partner can write down in 45 seconds.

Ready, set, grow!!!!

Say them out loud (write down)

When we feel good, good things happen

Read the things on the board - - - - -

Would you like more of these things??

Would you like to be able to give those away to the people you care about?? Yes or No

Would the world be better off with more of these???

Here's the deal - - Where did they come from

They all came from feeling good and feeling good came from choosing thoughts that feel good

Watch the Ted Talk with Shawn Achor – Work Happier – start at 6:18

Does gratitude always make you feel good? Yes!!

It is found to be one of the four most feel good thoughts on the planet

Enthusiasm, joy, love, and what?????? - gratitude

Even after we are done with our sharing gratitudes, I challenge you to either continue to share them with me or to find someone else to share gratitudes with

But wait, only do it on the days you want to feel good! :)

Don't worry if no one is sharing them back with you - - - just sharing the gratitudes will change your life

When we feel good, good things happen

Think about your life. How much of it isn't working quite the way you'd like it to right now?

10%, 20%, possibly even 50% if you are honest with yourself.

That is the percentage of your thoughts that need to change.

If you have a thought that doesn't feel good, stop, do a YOU TURN - - - return to Joy!

Say it with me When we feel good, good things happen

So what's my most important job standing before you today????

To help you feel good?? Good guess

My most important job is to feel good myself

Because if my most important job is to make you feel good, and you walk out of here and say

Perky Pollyanna talked too fast for me and I go (ooooooo)

Then I just gave you my what????? Power

The power to make us feel good can not lie outside of ourselves because if that person or if that things doesn't happen, then we are stuck!

Thank you!!!! And we are not going to do that anymore - - - right - - - share your sticky notes

Give yourself a hand, you understand the Power Pyramid!!

BREAK

High Way #1 - Get the Picture

Open up your packets

I'm going to teach you some specific skills that we call the 8 Highways

now and they begin with Highway 1 – Get the Picture

Could I get a volunteer to read the quote from Einstein on the top of the page.

It's all about imagination - - - Your only limits are your imagination

How old were we when we were really good at imagination - - - 3,4,5

Except for Jim Carrey, Oprah, Gandhi, or any hero of yours

Jim Carrey - grew up in an alcoholic household; always lived in a trailer park. His dream was to be the best comedian in the world. He actually wrote a letter to the best comedian at the time - - Carol Burnett - -and asked her for money to help with his dream - - After moving to LA - after 25 auditions and many rejections - Jim had \$31 dollars in his pocket. He drove up to one of the richest areas of Hollywood, got out of his car and sat on the curb until he could visualize living in one of those houses. He took out his checkbook and wrote a check to himself for 10 million dollars - yes that was a lot of 0's. It was 1991, and he dated the check for 1995 and put the check in his wallet. How do we know this story? Barbara Walters did an interview with him. Well, the next day Jim went to another audition, and yes he did get this role. During the interview, Barbara said - tell them about the check, Jim. He said, "You promised that you wouldn't make me cry." Tell them - - - Jim finally took the check out of his wallet to put into his father's casket when he passed away. Jim was paid 10 million dollars for the mask in (guess what year) yes, it was 1995.

Yes, the most successful adults NEVER stop dreaming.

We all have a dream muscle – and just like all muscles, we have to work at strengthening it.

We are born with the boldness to do the things we need to do in our lives. We start hearing things like "Life is hard" "Get your head out of the clouds" Well, 8 to Great suggests that you keep you hear in the clouds, but that you stretch yourself enough to keep your feel also planted on the ground!

How important dreaming is and why dreaming will get you to 95

Let's fill out the first blank

Handout #1 - - - Remember that our brains are like a computer - they can't take a joke

Shooting free throws – what words are going through your head

Are you saying in your head - - go in - - - or don't miss this!

How many have seen the Big Bang Theory? Sheldon is a genius who can't tell if his friends are being sarcastic because he believes the words that they are saying.

Shot put story – a friend of a shot putter had put the “PB – personal best” stake 1 complete foot farther. She was talking him up the whole way to practice. I think you can throw it farther today. She was having him get the picture of it going past the stake. Well, when he did throw it past, she took out her tape measure and made him measure. That was when he realized that she had moved the stake.

Jimmy Valvano in 1983 with NC State – Jimmy had his players every Friday cut down the nets at the end of practice just like they would do if they won the National Championship. Well, this Cinderella team actually

WON the National Championship with a last minute shot. They had cut down nets all year. They knew how to do that.

#2 Handout - - - A belief is a thought you keep thinking until you ?????? feel it

CBA Formula - - Conceive it, believe it, achieve it

Let's say it with our hands - - - Conceive it, believe it, achieve it

You can't skip the heart - - - you must believe it

That is even in Mark 11:24 - "Everything you pray for, believe you have it already and it will be yours"

Something like that is in many holy books.

Mary Lou Retton – who remembers this story from the book???

When reporters swarmed MaryLou after her perfect 10, they asked her how it felt

She said, "Like it has always felt!"

What do you mean? No one has ever done this before

Oh, I have many times in my ----- mind

I was in the last community musical called Once Upon a Mattress. The morning of the day I was going to audition, I was visualizing how the audition would go. What was I going to sing? How was I going to act?

How many times to you envision how a lesson is going to go? Envision a vacation? Talking to someone?

Sometimes "getting the picture" is the more fun than the actual experience!

Dwight Stone won the 1984 Olympic Men's High Jump final

Before Dwight would take one step on the field, he would go through every step of his jump in his mind.

He is getting the picture

Turn to page 21

What does it say about a goal?

SMART - - Specific, Measurable, Attainable, Realistic, and Time-Based

These are all left-brained things!

When we set goals, we know who, what, when, where, why, how, and how long (left-brain buy in)

What does it say about a dream?

BIG - - - Bold, Innovative, and Grand

When Isaac was applying for college, he applied to Lincoln, Neb., the University of Pittsburgh, and the University of Notre Dame. He would not tell any of his friends where he really wanted to go. They even asked us, and we said we didn't know. As a mother, I think that Isaac didn't tell us where he really wanted to go because he wanted to make sure that he would get accepted. He didn't want to be disappointed or didn't want us to be disappointed.

How many of you have been disappointed and lived? Yes, we will be okay.

Well, once Isaac was accepted to Notre Dame, there was never a question. And I'm super proud to say that Isaac is a 2013 graduate of Notre Dame with a degree in computer science. It was an amazing experience not only for him but for our whole family!

We don't worry about the who, when, where, how, or the how long - - head questions

Just the What (we want) and the Why (we want it) - heart questions (right-brain buy in)

Write these in your handouts

How many of you know of couples who struggled having children so they adopted and about a year later had a child. They quit worrying about the when, where, how, etc.

Turn to page 22

I loved this section about the daydreamers in class - - -- Albert Einstein, Thomas Edison, George Lucas, Lewis Carroll, and Eleanor Roosevelt - - pretty good gang to hand out with! ☺

When I think of my students, I sometimes sit back and think - - who are going to be the successful ones

Or if I had a little more patience with ?????, would they work harder

We need to find out what these students' dreams are

They might not tell us, but I like to ask the question anyway. It plants a seed

Potato-Straw Activity - - You are either clapping or your walking

Let's get out a sheet of paper and write down a list of things you would like to receive or experience

NO LIMITS

Make sure to make some smaller and some larger

Think of it as a bucket list

Why do we make a bucket list? Writing them down makes them seem real.

Now take one of your intentions/bucket list items. I am going to have you close your eyes, and you are going to pretend that it just happened. This is called the 3-minute realization. Who was all there? What were you all doing? Think of all 5 senses and try to incorporate them into this realization.

How did that make you feel?

MK believes there are 4 reasons why people don't seek happiness.

- 1 – we are afraid to get our dreams
- 2 – we are afraid of being disappointed of losing our dream or not getting our dream
- 3 – we don't believe that we deserve our dream
- 4 – we feel guilty about enjoying happiness when others are unhappy

Play the Congratulations Game - share one dream that you are comfortable sharing with someone else. This needs to be a "sense"ational dream - - focus on the feelings? Say your dream as if it has just happened. Such as - I just wrote my first book - First your partner is going to say, Congratulations and give you a HIGH FIVE. Then your partner is going to ask you all kinds of feeling words associated with that - How did that make you feel? What were you wearing? Who was there? What did your family say?

How did that feel?????????

One young man was at MK's session and after that game she asked how he felt and he said "Freaking Awesome." As he walked through the halls afterward, he was telling people to come to the swim meet. He was a junior, and he was swimming against a senior whom he had never beaten. You see, he had envisioned ending the race and seeing the 1 in his lane. Did he beat the senior that night? Yes he did. He got out of the water and ran over to the coach and said that lady was right. The coach just pointed to the scoreboard and told him to look at his time. He had taken 2 seconds off his best time. In swimming, that is a really hard thing to do! Anything is possible when we fill our mind with thoughts that feel good!!!

We can't worry; we must release our attachment to the WHEN or the HOW of our dreams

Focus on the what and the why, and it will come to us at the right time - not when we think it is the right time, but at the right time for us

Did anyone like the section about Surprise Money? Have you ever asked for surprise money? Give it a try!!!

I liked the story at the end of the chapter about having a Mercedes and if that was selfish. The Mercedes will NOT bring your genuine happiness; it's the genuine happiness that will bring you the Mercedes.

Look at the quote from Michael Phelps, who won 8 gold medals. When his time in front of the camera came, he said he was thankful for this imagination.

Share our sticky notes from this Highway! Pick one quote from the quote sheet that will help you with this High Way.

BREAK

Highway 2 = RISK

Video - Life = Risk

<http://m.youtube.com/watch?v=0yetHqWODp0>

Michael Jordan – cut from team; Lucille Ball – dismissed from drama club; Beatles – turned down by Decca Recording; Ulysses S. Grant – failed as soldier, farmer; Thomas Edison – too stupid to learn; Walt Disney – lacked imagination; Lincoln – defeated in 8 elections. - - - which one surprised you the most?

Sing – In my own little corner in my own little room, I can be whatever I want to be. SPOKEN - - It is not enough to sit in your own little corner dreaming all day. Like Cinderella, you need to get dressed and go to the ball.

Risks are risky – when they don't turn out, they can deliver a crushing blow to our self-esteem

On our lowest days, when we don't want to risk, risk is the only way back up the power pyramid

#1 on the handout - - - Most successful slogan - - 3 words - - Just Do It - - nothing to do with shoes

We start out life as risk takers – how many have heard a 3-year old say, “Be careful on that slide!”

Over the years we shut down to play it safe!

2 psychotherapists traveled the world to find out what the happiest people had in common. It wasn't money, fame, not even friends or health.

Yes, it was RISK.

#2 - - - 8 to Great defines risk as facing our fears (running to), not escaping them (running from them).

Let me give you a few scenarios, and you tell me if it is running to or running from

Sharing an idea to boost morale with your boss

Complaining about the new students who was put in your class

Not returning a phone call from someone/avoiding family reunions

Asking a friend if you can have a ride to the game

Lying to a friend

Trying drugs and alcohol

Asking a teacher to reconsider a grade on an essay

Are there some things that you run from? I would like you to think about that for a minute.

Why do we run from things? Most of the time it's FEAR.

8 to Great says that FEAR is False Evidence Appearing Real

Who has the most fear? Cowards or Heroes

Remember the shooting that happened in Harrisburg last fall? Did you see any of the coverage? The assistant principal was touted as a hero. I loved his response. I don't feel like a hero. It's okay if you say that the act is heroic. I can tell you that I was acting on impulse! I was trying to keep our students safe.

We all have the SAME amount of fear - - hero does it anyway

Now, what are some things you run to? Write down 3 of those things.

Picture one of those things happening.

Think about the road to success.

Here is point A and here is point Z. Draw the line to success in the air.

It will NEVER be a straight line!

Jen Culhane (Steve's daughter) as a sophomore tried out for volleyball and made the sophomore team. In Mitchell, that seems to be a death sentence. This was a girl who had made the C/B team when she was in middle school. She was devastated and ready to give up. Many people talked to her. Tim and I told asked her if she still wanted to play. Yes, she did. We told her to go and do the best she could and to focus on what she did well. Well, she had a great serve. She didn't give up and continued to work on her serve. By the end of the season, Jen was serving brought in to serve on the varsity team. Would this have happened if she had given up???

Did Rudy ever give up? YES – he quit; the custodian talked him into coming back out

55% of people quit at the first sign of trouble. (Michael Lawson – the story that MK told in the video)

Are you ready to hear the formula for making the best, most loving decisions every time?

DRUM ROLL

If you had no fear, what would you do???????

Look at the words to If I Were Brave

Watch video as you read the words on my worksheet.

<http://m.youtube.com/watch?v=UF5V2PEujqs>

How loud is the voice of fear? VERY LOUD How loud is the voice of courage? WHISPER

If we allow ourselves time to be quiet, we can actually hear our thoughts.

Sometimes we must be quiet and listen to our gut! I believe that the Holy Spirit is alive and well in our world!

I have learned to listen to my gut.

One of Mitchell's greatest tragedies was when Jason Kaemingk, a sophomore in high school at the time, was killed in a car/pedestrian accident. I knew Jason, but I hadn't taught him. I knew his parents. I also knew the

driver of the car and his family as we went to the same church. It was a dark night, and they were driving out to a Halloween party. It was a good party that was going to have parents there. Well, the driver didn't see the guys on the side of the road, and Jason was killed. I went to the visitation to pay my respects to the family. When I was finished and standing out in the corridor of the church, I had this nagging feeling like I shouldn't leave. It was strong enough that I decided to stay. I looked around for someone I knew and saw a man that I had been in a play with. As we were talking, the family and the driver came into the church. The man I was talking to told me that he had hit a pedestrian when he was about 18. He told me that he didn't know the driver of the car, but he wanted to be able to talk to him. Ok, Lord! I now know why I am here! When the family was done paying their respects, they came out into the foyer, and I motioned them over. The man told the driver that he will never forget this, BUT he will be okay.

Our neighbors's son started having seizures at the age of 3. I hadn't stopped to see them yet. One night on the way home from having pizza, I asked Tim to drop me off at their house. While I was there, the doctor from Minneapolis called. Because I was there, both parents could talk on the phone since I could look after their son. When they got off the phone, they asked how I knew that they needed someone's help. I told them I didn't know; I just had the gut feeling like I should stop! LEARN TO LISTEN TO YOUR GUT!!!

We must not be afraid to take some risks!

Write down three risks that you are glad that you took. (TIME)

Now, write down three risks that you would still like to do. (TIME)

If you need to, start with small risks – again our risk muscle might need to be strengthened!!

Think of rock bottom as a trampoline.

Remember that the harder we hit rock bottom, the higher we can go back up.

Without some lows, we would never realize how good the highs can be.

Quit being so hard on yourself and release the self judgment!!!

Challenge Chair Activity - - - - risk you have taken or one you want to take

You are either clapping or moving!!

Thank you! Now I want you to think about the risk that you shared or the one that you were going to share.

Pick one risk

Write down three steps that you can do this week to make that dream come true.

Look at Failure as Friendly Feedback. – Thomas Edison knew what it felt like to fail. He had over 300 patents for the lightbulb; - - - - he said that he now knew 300 ways that did not work.

6. What did the 95 years olds say they regretted the most??? What they didn't do!

7. Every adversity makes us bitter or better

MaryAnne's story = = starting spot in volleyball - - - lock for love – was she bitter or better

Still wasn't getting play time – sat down with her.

What was SHE doing to prove to her coaches and everyone else that she deserved to play

On her own, 6:30 to the gym

Not only was she voted captain of the team her senior year, she played all around, and they went on to win the state tournament

Bitter or better????? Are we always better? It is a choice to stay bitter!

Who makes more mistakes, successful people or unsuccessful people?

Successful people make 20 times more mistakes than unsuccessful people!

One father asked his children every night at supper, "What did you fail at today?" He felt that if they were not failing, they were not taking enough risks. Remember, there is no failure; it is only friendly feedback.

Share sticky notes on Risk stories.

Pick one quote from the risk quotes that inspires you.

Let me tell you a few stories to make this point

****Domino's Pizza started with a 900 loan

****Calvin Klein was started with a 10,000 loan from a friend

****Ben and Jerry's started when they took a \$5 correspondence course on making ice cream and 4,000

****Jobs and Wozniak (Apple founders) sold their van and 2 calculators for their initial \$1300 funding

As Yoda would say, RISK, you must!!!

Assign 80 – 192 and Dream Boards