

8 to Great Class - Night 4

Talk about the world's most positive attitude formula

CEO's on cruise ship - how important is positive attitude to making money? 99%

2500 nurses how important is positive attitude to recovery 98%

2% surgery and medication

MK asked the Nebraska football team – how important is a positive attitude to winning - - - 110%

FGH

We live in the past 40% of our time - - - regret - - - I should - - - bitterness - - - they should

We live in the present 20% of our time

We live in the future 40% of our time - - - fear - - - worry

Do you need the tools that can change from a negative to a positive attitude????

It is a very teachable skill.

Left brain process to teach a right brain skill

Takes it from a head process to a heart process

Think about the most negative person you know. Were they forgiving? Grateful? Hopeful?

Now think about the most positive person you know. Where they forgiving? Grateful? Hopeful?

A woman came up to MK after one of her seminars in tears. MK asked her to share the story that she could see on her face. This woman had been told that she was the most negative person that they knew. Before this talk, this person had NEVER been told how she could change that.

High-Way 6 - Forgiveness of the Past

Read the quote in the box on the top of the page.

Forgiveness is releasing regret, resentment, and the desire for revenge.

It is NOT an admission that what was done was acceptable

It is also NOT forgetting

WHY do we forgive???? We forgive for OUR sake as the only person who pays a price for unforgiveness is YOU - - - with your life energy

It consumes your thoughts - - Does the other person even think about it????

Until you forgive someone, that person has a hold on you

Some dear friends of mine lost his son in a car accident. The husband was very consumed with the person who was driving the car. He and his wife were talking. She shared with him that in her view, he was giving this other person way too much of his life. Hadn't she already taken enough. He was spending more time thinking about this person than he was missing his son.

Time will not heal wounds UNTIL the Forgiveness work has been done.

Will we ever forget???

I don't know if we want to totally forget as this will keep us from getting into bad situations again. We study the Holocaust so that it will never happen again.

If we forgive, our bad incident will have less of a hold on us.

Every adversity has a lesson. (Show the picture from the website.) Forgiveness frees us to find them.

Hopefully, our painful memories will have less power over us as we forgive!
If our business is to feel good, we must make peace with the past so we can have the power of the present

Think for a second about a bully's life. Could the root of the problem been that the bully didn't want to be mean and just wanted to be safe?

How????? Forgiveness Formula

We were doing the best we could at the time with the information that we had
Who??? The hardest person to forgive is _____ (yourself)

As Maya Angelou so eloquently put it, "If I'da known better, I'da done better. Does that mean that you were a bad person then and a good person now? NO!

When??? HAVE YOU HAD - - angry outburst over small things???
Avoid family gatherings?????
Depressed?????
Anxious????
Food, drugs, smoking, alcohol to try and ease emotional pain????

Hand out Forgiveness Is:/Forgiveness Is Not Sheet - - read through - -discuss

Three Steps: Face it - Feel it - Forgive it

Remember - - this is Heart work - - - not done in the head

Comes after Feel All Your Feelings
We must FACE our pain
Experience all of our MADS and SADS

When we release our excuses, we are the ones who are released

Watch the Mary Johnson video or the Matthew West video.

Mary Johnson - <http://m.youtube.com/watch?v=o2BITY-3Mp4>

Matthew West - <https://www.youtube.com/watch?v=n9J6xOT3Ldw>

Would you like the gift of peace and serenity that forgiveness brings????

Today we are going to give you the opportunity to write a forgiveness letter. I have written many of these letters, and sometimes I've written them to the same person. You can write one to someone who is living or deceased, yourself, God, a group of people, anyone.....

This is for you, not for them.

Read p. 212

Before the quiet, writing time - If you are not ready to forgive yet - - too raw - - you may write a feelings letter. Just get those feelings down on paper.

Seal it, write FFF-F on the front; you've faced it, you've felt it; you've forgiven it; you are now FREE- - then bring it outside to the sidewalk in front and we will burn it! Something powerful in seeing these thoughts turn to ashes! Some people wonder why we don't send them. First of all, wanting to send it indicates your want to possibly change the other person. Also, if you thought you were going to send it, I think you would temper your words. Knowing that it is going to be burned gives you permission to really get those feelings out of you!

Back to the room – Thank you for honoring the process.

Forgiveness Test

If something good happens to them and you celebrate, you've forgiven them

If something bad happens to them and you commiserate, you've forgiven them

If something bad happens to them and you celebrate, you've not there yet!!

(more work to do)

Share sticky notes over chapter.

Find quotes over chapter.

End with the quote on the bottom of the page. An eye for an eye leaves the whole world blind.

Yay, we are now done with the hard High-Ways!!!!

BREAK

High-Way 7 - Gratitude of the Present

Read quote by Zig Ziglar

What do you think comes first - - the success or the gratitude????

Happiness isn't the cause of gratitude (nice), it is the result (we all can have it)

In almost every case, gratitude came first!

Video - Matthew McConaughey's Oscar acceptance speech

<http://m.youtube.com/watch?v=wD2cVhC-63I> - Start the video at 1:15.

Gratitude reciprocates

Why be grateful?????? Mostly because it feels good!!!

Grateful people don't deny the negative aspects of life - - choose not to dwell on them

(One of the guys who works with Tim asked him if his kids were *&?* perfect. Tim told him no, but he wasn't going to share with the guys the very few negative things.)

Gallop Poll in 2014 said that 65% of people had received NO recognition in the workplace.

#1 reason most people leave their job - - don't feel appreciated - - Who's responsibility is it?

Do #2 and #3 in the packet. People want more appreciation/recognition, and the main reason people quit their jobs is lack of appreciation.

Improved health

Having doesn't bring happiness (I know many people who have "things," but they aren't happy.)

Being grateful for what you do have brings happiness.

We don't need more fortunes to be more grateful - -

Once we are grateful, more fortunes will be ours.

Gratitude takes us to the top of the pyramid - along with joy, enthusiasm, love

Read middle quote on page -

During the San Francisco earthquake, one man's car was straddled over the bridge - his story amazed reporters. Same man was in the towers on 9/11. In an interview, he said that he didn't get the first wake up call, but he did get the second. Now I'm changing my life and am extremely grateful for another chance!!!

3 most grateful groups - #4 in the packet

Those who have a loss

Those who know a loss is coming

Those who came close to a loss - - Why wait for the loss?

Gratitude Guarantee - 2 minutes of sharing gritudes will bring you new blessings and help you solve the problems that you face.

When you get grateful, you feel good.

When you feel good, good things happen

Being grateful helps you live in the moment - - not in the future or the past
Without regret and bitterness, the past has no hold on you.

Stop worrying - - live in the moment - be grateful for the now

Without anxiety and fear, the future can't concern you. - - Can we do anything about it?

Read the checked items on page 226

Would you like to have more of any of these?

What are you willing to do differently to make it happen?

30% of the people who write down gratitudes will continue.

70% will continue if they share those gratitudes.

Page 249 - ADAM

So three gratitudes every day - - 4 the rest of your life - - BUT - - only on the days you want to feel good!

When should you say THANK YOU - - - BEFORE - DURING - AFTER EVERYTHING

Gratitude Ball - - - -

Gratitude Drill - - - -

Gratitude Wall - - - - hit them on the way out like the ND football team

SMAC Club - - - - in Colorado

How can you share gratitudes? In person, text, phone calls, e-mail, post it notes, Facebook.....

Mother wrote a letter to her daughter about how much she appreciates her.

With whom can you share gratitudes? Our group, family, friends, co-workers.....

When should you be grateful? Before a test, before a job interview, before a presentation - - opens the learning centers of the brain

Life is not measured by the number of breaths we take, but by the moments that take our breath away!!!

Share sticky notes over chapter.

Find quotes over chapter.

BREAK

High-Way 8 - Hope for the Future

Positive attitude is a set of

- a) behaviors and actions
- b) beliefs and thoughts
- c) emotions and feelings
- d) all of the above

BBBBBBB only beliefs and thoughts

HOPE - last two letters - positive expectation

Close to High-Way 1 - Get the Picture

Page 263

Biggest difference - - surrender - - releasing attachment to the outcome - -
Let go of the reins and hand them over

Worry makes our problems grow

How many stories have we heard about couples who tried and tried and tried to get pregnant. Once they adopted a child, they soon became pregnant.

What we think about, we bring about

We don't understand that failure is "free coaching" "friendly feedback"

Failure is life's way of nudging you - - door is closed; window is opened
We give up when we are so close to the finish line - - - we don't now that we are close

Final mountain we climb on the way to our dream seems steeper - -we're just plain tired!!

#2 – What % of the things that worry about do we have control over? .06% Is that worth it?

Hope is a muscle - - it needs to be worked!

Steps - 1. Stop and Refocus

Really take a look at what's going on - - try to

2. Trust in a Person or a Process

Do you need help along the way??? Trust in someone and then listen to what they have to say - - MK's horse story

3. Get Playful

Have fun with dreaming - - Go down a slide - - If all else fails - 3 min visualization

4. Get Quiet

meditative state - focus on breath, candle, rosary/prayer

Sara Blakeley - - failed LSAT - - worked door to door - - cut legs out of her control top pantyhose

Rudy's story - custodian's risk - - - Kurt Warner - - - MK's trip to the Minneapolis Children's Theatre

#3 – When can we solve every problem now? You don't have a problem right now – in the past. Get up and get out of the way.

We don't have to prove "nothing" to nobody but ourselves!

What we are looking for is looking for us, too!!

Door to door salesman - they couldn't buy the vacuum - meat wouldn't all fit in freezer

We can NOT give up!!!! HOPE – Have Only Positive Expectation

Manifestations Group????????? Playful possibility

Share sticky notes over chapter - - Find a quote from the chapter.

Hope is having a process!