8 to Great - Last Night

REVIEW

Use poster - - -

MK's website - sign up for Key Mails

Watch the DVD The Pursuit of Happyness

Discuss how

Discuss 3-hour session for churches or women's groups - class

Review -

95ing

CBA - Conceive it, Believe it, Achieve it

Adversity should make you better, not bitter

When confronted with a decision - If I had not fear, what would I do?

Don't "should" on yourself or others - - he should - - I could

It's never about the match

Ask for what you want - - people can not read your mind

3 Party Communication X go to Z, Y tell X to go to Z, Z - do you agree?

Forgiveness Formula - We were doing the best we could at the time with the information

that we had

3 Steps - Face it, Feel it, Forgive it -- - FREE

Forgiveness Test - - If something good happens, applaud; If bad, commiserate;

3 Gratitudes a day - - 0nly on the days you want to feel good!!!

HoPE - - - positive expectation

Most important High-Way for YOU could be the one you don't want to travel

Do the Apple Pie Recipe Script - - page 125 of the handouts

Page 300 - - The Wizard Within - - - Read

Your job is to be happy & the only person who can do that is YOU!!!

Good luck on your journey!!!