

## 8 to Great 15-hour Class through DWU - Night 1

(Start out with the You Tube video of MK talking about Michael Lawson – American Idol)

<http://m.youtube.com/watch?v=1Ku5bTuzxKg>

MK Mueller International Optimists Keynote #1 Start at 3:10 - listen to the story about Michael which stops at 10:25

### 4 Kinds of People

Those who are unhappy and don't know why

Those who are unhappy and know why

Those who are happy and don't know why

Those who are happy and know why

I am a retired teacher of 37 years. I believe my co-workers and my students would say that I'm a part of the 3<sup>rd</sup> group.

I have always been happy, but I'm not sure I use to be able to tell you why I'm happy.

After reading MK's book 8 to Great and after going to a seminar in Kansas City where I become a Certified Life Coach,

I have a much better idea of why. So, let me take you on an adventure through the 8 High Ways of 8 to Great!

When we say great, what comes to mind?

Somebody who has a lot of ????? energy - power – fame It is something that we aspire to be.

Is there anyone here who wants to be a great person? Great friend? Great parent? Great teacher?

Why are they called the High-Ways of 8 to Great. Is there a low way to happiness and success?

Yes, I'm sure you could think of a few of them, but we are going to stick with the High-Ways.

By taking the High-Way, we can get places faster and with fewer obstacles.

This brings me to magic. I know what you want out of life, right???

You want more fun, more friends, more freedom, and even more finances, right???

Then you carry a box of books down your stairs in your house and you dislocate your ankle.

Thank goodness we have wonderful doctors in our lives to repair us, but we aren't back to normal immediately.

What do we call this kind of trick again? MAGIC

Why is it magic? It is because I know the process and you don't.

But what happens if I teach you the process? Then, it is just a process!

So are you ready to learn magic? It is just how the pages are turned and where you put your thumb.

I was just putting the book behind my back so you didn't see me grabbing the book at different places.

So for \$14.95, you can also be a magician!

It was really simple, right? So what else could be simple?

True love?

Finding that right house?

Writing that book that you've always wanted to write?

It's not easy; I didn't say that, did I! I said that it's simple!

So 5 weeks ago when my doctor told me that I would be 6 weeks without any weight on my ankle, they were simple directions. They haven't been easy, but they are simple.

8 to Great is also a simple process. It is just like a recipe. I'm not a gourmet cook, but I know how to follow a recipe, and I can make things that taste really good if I follow that recipe.

Let me tell you a little about MK. She use to go by MaryKay until too many people asked her if she was selling make up!

Well, MK was an English teacher in the Omaha area who found herself in a domestic abuse shelter.

One thing she found out was that most people found themselves back at the shelter more than once, and MK was NOT going to let that happen. MK came up with the FGH Formula for Happiness. Forgiveness of the Past, Gratitude for the Present, and Hope for the Future. Well, after doing some further research on what's makes people happy, healthy, and successful, MK decided that she needed to add a few more High-Ways as some people just couldn't jump right into forgiveness.

You might be wondering how MK and I met.

Well, I have been the director at a Leadership Camp for middle school aged girls for the last 20 years.

MK was one of our speakers who talked about her FGH Formula for Happiness.

It was a simple formula that I really bought in to.

MK spoke again about 5 years later, and I decided that I was going to stay in touch with this lady as I felt that our paths would cross again.

When her new book, 8 to Great, came out, I bought it and devoured it. It spoke to my heart!

A couple of years ago, I decided to read parts of the book to my students. I was amazed at how they like it. I couldn't believe how attentive they were. I could tell that it was hitting home with them, whether that be situations at their homes or situations here at school. Pretty soon, the students were talking the language.

I found out that there was an upcoming training in Kansas City. My uncle and aunt and their son's family live in the KC area, so I knew I could stay with them to help save on expenses.

The people at the training were surprised that I was taking the training just for me. In reality, I did not want any of the strings that I would have if the school paid my way. I walked in the door, not knowing what to expect, and I see this guy who looks really familiar. After mentioning that I was from Mitchell, this man introduced himself as Paul Sellon, our past superintendent. Yes, SMALL WORLD.

By attending that training, I became a certified trainer of the 8 to Great process. I'm trained to give 3-hour sessions for the work place, church groups, or whatever. At that point, I figured that retirement wasn't far from my horizon, and I had always thought it would be fun to be an inspirational speaker.

I talked to our professional development committee about having MK come in for the keynote before school. They came back to me with the idea that they wanted me to teach a class for teachers. I hadn't thought of that, but I checked with MK, and she thought it was a great idea. So I developed a 15-hour curriculum, and a few years ago. Those teachers really seemed to enjoy it, and it has been a crazy ride ever since!!! I'm not sure where this is going to take me, but I would have never guessed that I'd be teaching a graduate credit over 8 to Great, so who knows!!!

By taking this class, you will not be able to teach it like I'm doing now, but that doesn't mean that you can't use some of the principles in your classroom and in your life. If you ARE interested in teaching this or in becoming a trainer, you can go with me to a training, and then you are on your way! Since we are dreaming, I would like to see the a team of teachers from every school in South Dakota get trained as a character development for middle school/high school students, or I would like to see every college teach an 8 to Great class for those students who really don't know what they want to do. It's pretty powerful stuff!

In fact, let me share one process with you right now.

Share 3 gratitudes from the last 24 hours every day with no repeats.

If tomorrow you are grateful for the sunshine, you are done with sunshine forever!

Starting tomorrow, I will be sending you an e-mail with 3 gratitudes. You just need to hit reply all and type your three gratitudes. You can do it in whatever form you would like. We will continue to do this every day until our last day of class. Those of us who want to can continue, but you won't have to once class is done.

I have eight different groups that I share gratitudes with right now. Thank goodness for cut and paste!

One of the main reasons I like 8 to Great is that it is a process; most self-help books are filled with ingredients. 8 to Great will give us the recipe to handle the ups and downs that come with life.

One of your assignments for this class will be to make a Dream Board. You can do this on tag board, or you can do this electronically. You will put a picture of yourself in the middle of the board, and then you will find pictures of some

of your dreams. I would like you to have a minimum of 10 pictures, and you will be sharing this for class in 2 weeks.

For this coming Monday, I would like you to read through page 79. In each chapter, I would like you to sticky note one thing that caught your eye.

You will also have to write a 1 1/2 page reflection paper about how these High Ways will help your personal life and/or your classroom. I will want you to mention each High Way. I would like you to think about which High-Way is going to be the easiest for you and which High-Way will be the hardest. Often times the High-Way that is the hardest for us is the High-Way where we need to spend the most time. The paper will not be due until 2 weeks after we have finished the class.

Any questions?

I believe that there is a reason that you chose to take the class. It is not a coincidence.

We are meant to be together on this journey.

So..... are you ready to GROW???