

The High-Ways of 8 to Great

High-Way #1: GET THE PICTURE

Visualize the end result. Think it 'til you feel it

High-Way #2: RISK

"If fear was not a factor..." Running to, not from

High-Way #3: FULL RESPONSIBILITY

Moving from B.C. (Blaming and Complaining) to A.D. (Acting and Dreaming)

High-Way #4: FEEL ALL YOUR FEELINGS

Allowing both Mad (Anger) and Sad (Release) to help us heal

High-Way #5: HONEST COMMUNICATION

Asking for what we want, deep listening and an end to rumors

High-Way #6: FGH - FORGIVENESS of the Past

We were all doing the best we could at the time with the information we had.

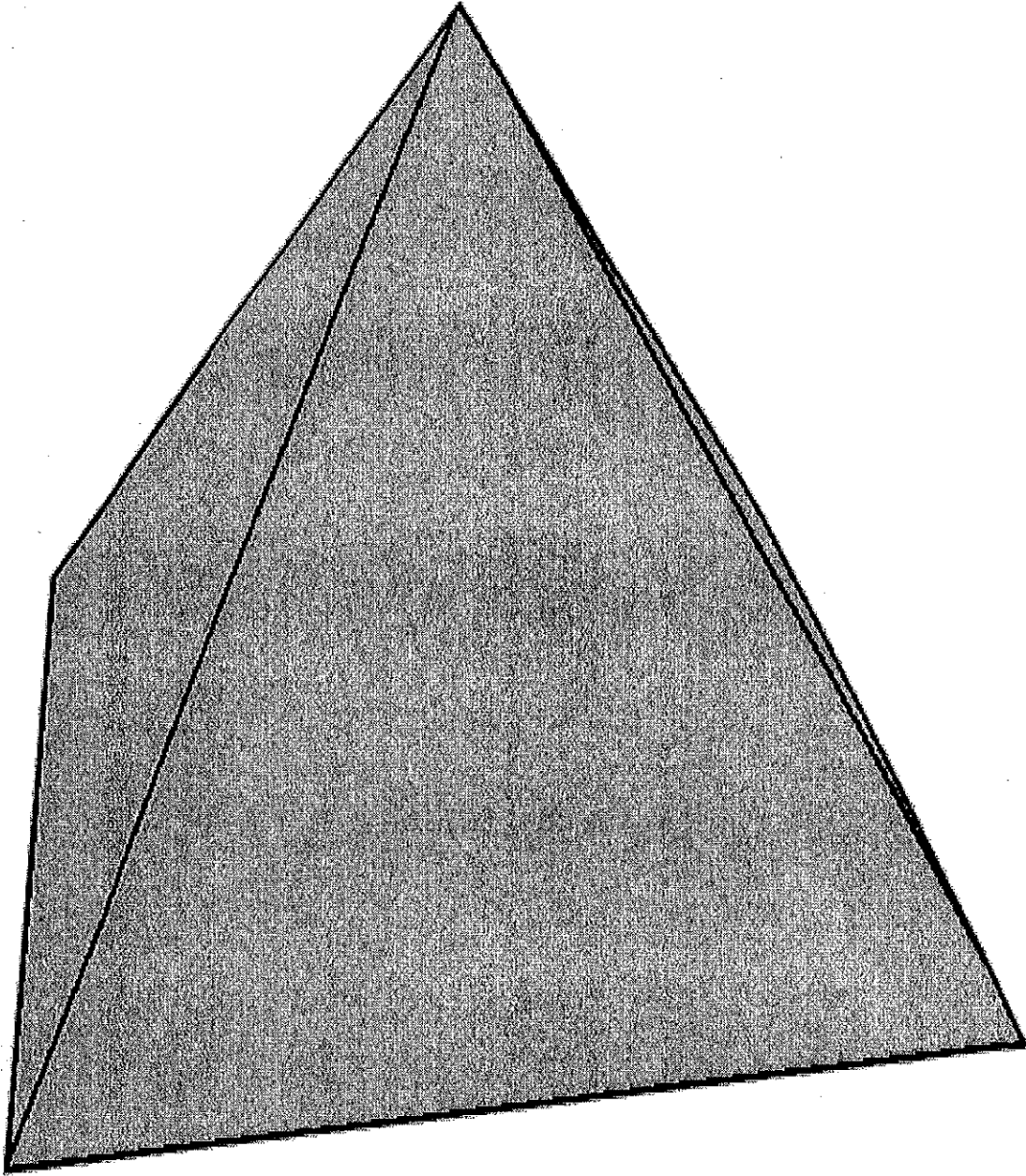
High-Way #7: FGH - GRATITUDE for the Present

You've never met an ungrateful person who was happy.

High-Way #8: FGH - HOPE for the Future

The road to success is never a straight line. Keep on keeping on.

The Power Pyramid





8 to Great Workbook #1

Get the Picture

Imagination is more important than knowledge.
- Albert Einstein

1. The brain is a _____. It can't take a joke!
2. A belief is a thought you keep thinking until you _____.

3. **Goals** are S.M.A.R.T: Specific, Measurable, Attainable, Realistic and Time-based.

Dreams are B.I.G.: Bold, Innovative and Grand.

With Dreams, we IGNORE Where-When-Who-How and only focus on

_____ and _____

4. **The Potato-Straw Activity:**
How hard is it to put a straw through a potato?
5. **The Congratulations Game:**
Write down 1-2 small or large dreams you have for your life. Then we'll do a "Congratulations Game" exercise for helping you "Get the Picture."

I just want to say how grateful I am for my _____.
- Michael Phelps, minutes after receiving the most gold medals of any Olympic athlete in history



8 to Great Workbook #2

Risk

*it takes courage to grow up
and turn out to be who you really are.*
- e.e. cummings

1. What is the most popular ad campaign in the history of American advertising?

2. We define Risk as running _____, not _____.

3. What does The Road to Success look like?

Z

A

4. What is the formula for making the best, most loving decisions every time?

5. The Challenge Chair Activity

*A coward and a hero have the same amount of fear,
but the hero does it anyway!*
- Anonymous

6. Looking back over their lives, what do 95-year-olds say they regret the most?

7. Every adversity makes us _____ or _____.

8. Who makes more mistakes, successful people or unsuccessful people?

How many times as many? _____



8 to Great Workbook #3

Full Responsibility

*Our deepest fear is not that we are powerless.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.*
- Marianne Williamson

1. Who is in charge of your life? _____
2. The opposite of FULL RESPONSIBILITY is when we live in BC, which stands for _____ and _____.
3. Instead, we can move into AD, which stands for _____ and _____.
4. When things go wrong, we can feel like victims, but we are actually the biggest problem we have. The good news is that if we are the problem, we are the _____.

We do not get the life we deserve; we get the life we expect.
- Anonymous

5. **MIRROR, MIRROR EXERCISE:**
 - A. Think of someone you admire. What are the qualities you admire most in them? _____
 - B. Now think of someone who rubs you the wrong way. What is their most irritating quality? _____
6. You spot it, _____
7. When we take Full Responsibility, we change "he/she/they **should**" to _____



8 to Great Workbook #4

Feel All Your Feelings

Researchers have found that even more than IQ, your emotional awareness and abilities to handle feelings will determine your success and happiness.
- John Gottman

1. E-motion stands for _____.
2. In order to feel good, we have to _____.

I was drinking and drugging to try and kill the emotional pain, but it backfired – I just got more.
- Ryan, a 25-year-old ex-felon,
now a successful entrepreneur

3. Mad and sad are two sides of the same coin. You've never felt one that you weren't also feeling the other to the same extent.

Mad

Sad

4. Our new word for Anger is: _____.
5. The good thing about Sadness is that it's a _____.
6. If we think of angry people as "mean", we'll cut ourselves off from our anger and get stuck in _____.
7. If we think of sad people as "weak," we'll cut ourselves off from our sadness and get stuck in _____.
8. We feel angry when we perceive that we've been _____.
9. The most respectful thing we can do for another person is _____.



8 to Great Workbook #5

Honest Communication

Honest communication means responding with what is true for you, regardless of how someone may react to your answer.

- Byron Katie

1. Listening comprises what percentage of our communication? _____.

2. Think back to the last time you got defensive in an argument.

Did it help or hurt? _____

3. The signs of Rage are: You _____

You _____ and You _____

4. The AVA Formula for Deep Listening:

Acknowledge/Apologize: _____

Validate: _____

Ask: _____

We humans would rather be unlovable than invisible.

- Anonymous

5. How to STOP "Third - Party" Communication or "Triangulation":

If you are X, just _____.

If you are Y, say, "_____."

If you are Z, ask, "_____?"

Either you will talk about others because their lives are more interesting, or they'll talk about you because yours is.

- MK Mueller



8 to Great Workbook #6: FGH

6 Forgiveness of the Past

*Unforgiveness is like taking poison
and hoping the other person will die!*
- AA member

1. The hardest person to forgive is _____

2. Forgiveness is not forgetting. It is releasing regret and bitterness.

The Three Steps of Forgiveness are:

F1. _____

F2. _____

F3. _____

3. The Forgiveness Formula is: "We were all doing the best we could at the time
_____"

4. **Resolving Regret:** Think back to something you regret, either from the recent past or many years ago. Then answer this question: *If you would have known then what you know now, would you have done it the same way?*

5. **The Forgiveness Letter:** You may write this letter to anyone you're ready to forgive, living or deceased. You will seal them in an envelope marked with an F to signify that you have faced it, felt it, forgiven it, and now it will go in the fire and you will be free. All letters will be burnt today.

6. **The Forgiveness Test:** If you celebrate their successes and feel compassion for their losses, you have forgiven them. If not...

An eye for an eye leaves the whole world blind.
- Gandhi



8 to Great Workbook #7

Gratitude for the Present

*You've never met an ungrateful person who is happy,
nor have you ever met a grateful person who is unhappy.*
- Zig Ziglar

1. **The GRATITUDE Ritual**

The Gratitude Ritual is writing down _____gratitudes every morning from
the past _____ hours, with no _____.

2. What most people want more of from their workplace is not more money or
more time off, but more _____

3. The main reason people quit their jobs is lack of _____

*Gratitude is not only the greatest of virtues,
but the parent of all the others.*
- Cicero

4. The three most grateful groups on the planet are those who:

just had a _____

just came close to a _____

know a _____ is coming

*A few minutes spent in total awe will contribute to your
spiritual awakening more than any self-help course.*
- Dr. Wayne Dyer



8 to Great Workbook #8

Hope for the Future

*Don't worry about the world coming to an end today.
It's already tomorrow in Australia.*
- Charles Schultz

1. Positive Attitude is _____
 - a) a set of behaviors and actions
 - b) a set of thoughts and beliefs
 - c) a set of feelings and emotions
 - d) all of the above
2. What percentage of what we worry about do we have any control over?

3. How can we solve every problem right now?

4. Hope is what happens when you have a _____

*We must accept finite disappointment,
but we must never lose infinite hope.*
- Dr. Martin Luther King, Jr.