

The High-Ways of 8 to Great

By MK Mueller

High-Way #1: GET THE PICTURE

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

High-Way #2: RISK

Ask, "If I had no fear, what would I do?" and run to, not from.

High-Way #3: FULL RESPONSIBILITY

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

High-Way #4: FEEL ALL YOUR FEELINGS

Allow yourself to feel both Mad (fire) and Sad (water).

High-Way #5: HONEST COMMUNICATION

Ask for what you want and listen from the heart.

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

Know we all did the best we could at the time with the information we had.

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

Be grateful first, then you'll be successful. Share three gratitudes a day.

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

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

"Success is not the way to happiness. Happiness is the way to success."

-Albert Schweitzer

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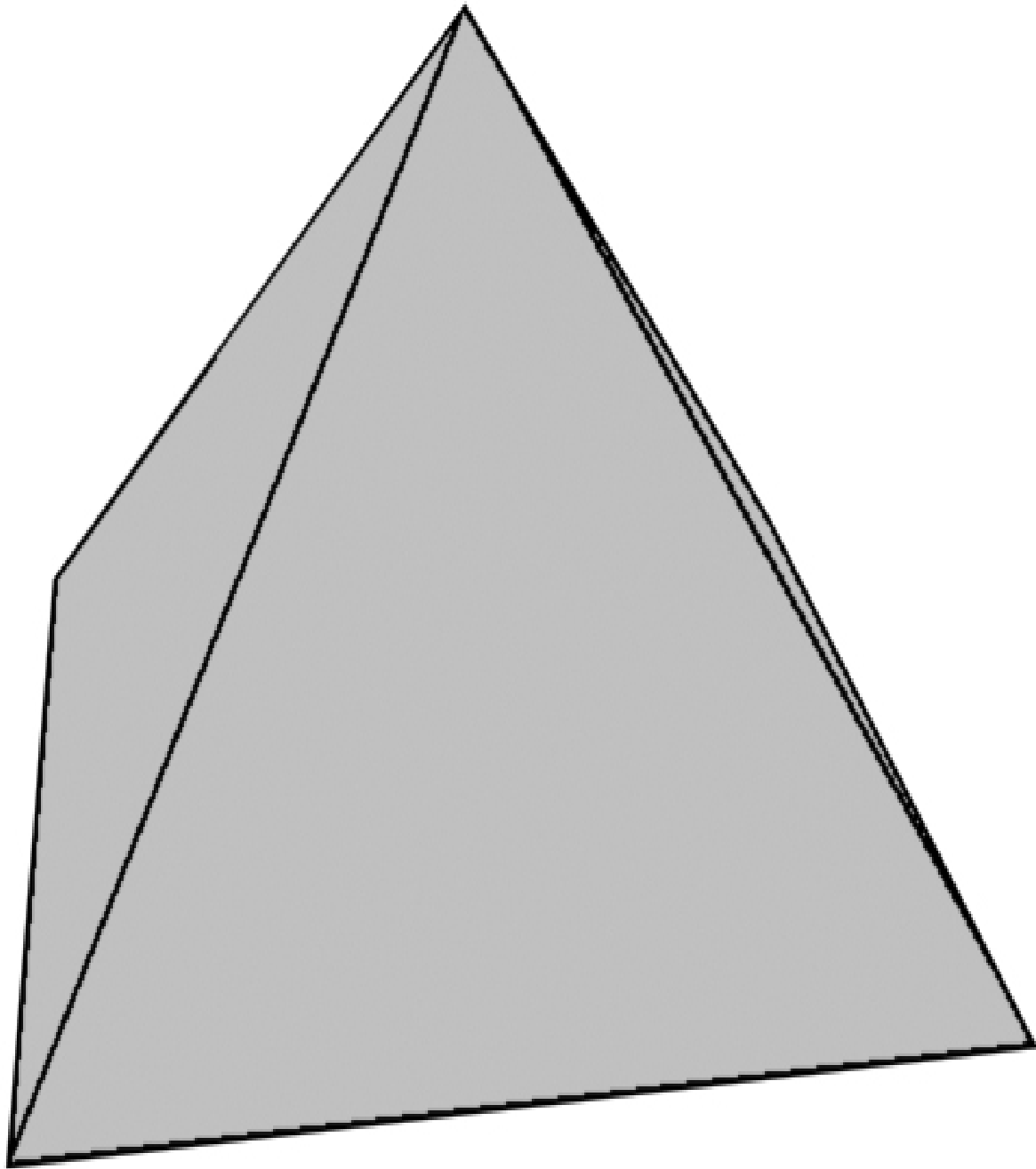
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The Power Pyramid



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8 to Great:

The Powerful Process for Positive Change

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Get the Picture

Imagination is more important than knowledge.
- Albert Einstein

1. A belief is a thought you keep thinking until you _____.
2. **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 _____



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. Risk is running _____ not _____.

3. What does the **Road to Success** look like?

Z

A

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

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

6. What 95-year-olds regret the most: _____



Full Responsibility

*Only when we accept that we are the problem
can we realize that we are the solution.
- MK Mueller*

1. The opposite of FULL RESPONSIBILITY is when we live in **BC**, which stands for _____ and _____.

2. Instead, we can move into **AD**, which stands for _____ and _____.