the 8 keys of excellence

Integrity
Match behavior with values
Demonstrate your positive personal values in all you do and say. Be sincere and real.

Failure Leads to Success
Learn from mistakes
View failures as feedback that provides you with the information you need to learn, grow, and succeed.

Speak with Good Purpose
Speak honestly and kindly
Think before you speak. Make sure your intention is positive and your words are sincere.

This Is It!
Make the most of every moment
Focus your attention on the present moment. Keep a positive attitude.

Commitment
Make your dreams happen
Take positive action. Follow your vision without wavering.

Ownership
Take responsibility for actions
Be responsible for your thoughts, feelings, words, and actions. “Own” the choices you make and the results that follow.

Flexibility
Be willing to do things differently
Recognize what’s not working and be willing to change what you’re doing to achieve your goal.

Balance
Live your best life
Be mindful of self and others while focusing on what’s meaningful and important in your life. Inner happiness and fulfillment come when your mind, body, and emotions are nurtured by the choices you make.
life skills
8 keys growth gauge

Keep a healthy mind, body and spirit
– I stay aware of what’s important.
– I use my time according to my highest priorities.
– I balance my activities to nourish my mind, body, spirit, and emotions.
– I make positive choices.

Dowhateverittakes
– I have a clear vision and stick with it.
– I do whatever it takes to get the job done.
– I keep my word.
– I follow through on my promises to myself and others.

Takeresponsibilityforactions
– I am accountable for my actions.
– I take responsibility naturally.
– I see what needs to be done and do it.
– I own what I feel, say and do.

Bewillingtodothingsdifferently
– I keep my goals in view and change strategies easily when necessary to reach them.
– When something isn’t working, I try another way (no egos here).
– I ask for help when I need it (versus, ”I’ll do it myself no matter what.”)
– I change if needed to reach my goal.

Match behavior with values
– I have stated beliefs and values.
– I know and understand them.
– My behavior reflects them.
– I do the right thing.

Makethemostofeverymoment
– I am focused on my goals and objectives.
– I make the most of every moment.
– I acknowledge and accept where I am, both in good times and challenging ones.
– I focus on what’s happening now.

Speak honestly and kindly
– I speak positively with good intent (no swearing, put-downs, gossip).
– I feel safe to be honest and direct.
– I “walk my talk.”
– I think before I speak and choose my words carefully.

Learn from mistakes
– I am not fearful of making mistakes.
– I take time when mistakes are made to learn from them and improve my system.
– I believe that failures are opportunities for growth.
– I grow by learning from my failures.

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Name: _____________________

Growth Gauge
1. What is one positive choice I can make to nourish my mind?

2. What is one positive choice I can make to nourish my body?

3. What is one positive choice I can make to nourish my emotions?

4. What support do I need during the next 8 days and beyond to make these choices?

5. How will these choices make me happier and more fulfilled?

To fill up a bank account, you must put money into it.
To fill up your life, you must put energy into it.
1. What has someone said to me in the past that has hurt or embarrassed me?

2. Have I ever said something like that to someone else? How might they have felt when I did that?

3. What is something a person said to me that made me feel great about myself?

4. Why is it important to think of other people’s feelings when I am talking to them or about them?

5. Why is it important to say positive things to myself?

Kind words can be short and easy to speak, but their echoes are truly endless.
—Mother Teresa
1. What is something I have already experienced at SuperCamp that I have never done before?

2. What did I get out of it?

3. In what way(s) could I have made it more of a “This Is It” moment?

4. Why is it important for me to “go for it” 100% in my life—to make every moment count?

This is all you have. This is not a dry run. This is your life. If you want to fritter it away with your fears, then fritter it away, but you won’t get it back later.
—Laura Schlessinger
commitment

1. What was a time that I was committed to something or someone?

2. What positive results came from my commitment—what did I accomplish?

3. What message do I send to people when I break a commitment?

4. Why is commitment important in my life?

5. What are some things that I am willing to commit to now?

   At SuperCamp:

   At home:

   At school:

When you’re interested in doing something, you do it only when circumstances make it easy enough. When you’re committed to something, you accept no excuses, only results.
1. What is something in my life for which I am responsible?

2. What is a time in my life when I demonstrated being a responsible person? What were the results?

3. How would my life change if I took ownership for my actions more often?

4. What are three specific things I will take ownership for when I get home? To demonstrate that I am a responsible person who takes ownership, I will …
1. What was something I feel I have failed at lately?

2. Did I try it again or just give up?

3. What did I learn from my failure that will bring me closer to success?

4. Knowing that failure is not something to fear, one thing I would like to learn how to do is …

There is no such thing as failure. There are only results.
—Anthony Robbins
1. When was a time I chose to be honest, even though it was a difficult choice?

2. Looking back, how do I feel about myself for making that decision to choose honesty?

3. What things can affect my ability to be honest with myself and with others? (Put a check by all that are true for you.)
   _____ My opinion of myself (self-image)
   _____ My friends’ opinions
   _____ My parents’ opinions
   _____ The activities I participate in

4. What is one specific thing I will do to act with honesty and integrity?

Integrity is what we do, what we say, and what we say we do.
—Don Galer
flexibility

1. In what area(s) of my life can I demonstrate more flexibility?
   
   _____ Attitude toward school work
   _____ Relationships with my parents and family
   _____ Relationships with friends

2. How will approaching problems with more flexibility bring me more success in life?

3. One specific example of a time that I was not flexible is …

4. One specific way I will be more flexible today is …

5. To give myself the most flexibility and choice, I will …
   
   _____ feel, act, then think
   _____ think, feel, then act
   _____ act, feel, then think

The bend in the road is not the end of the road unless you refuse to take the turn.
PLANTS:
Plants help to remove pollutants and help to _____________ the air. According to the Federal Clean Air Council, studies have shown that plants raise oxygen levels and increase ______________ by 10%. Scientists at NASA have discovered that the use of plants creates a better scientific learning and thinking environment for astronauts.

LIGHTING:
Current research suggests that the best lighting for reading/studying is low to moderate levels of ____________ lighting. The second best choice is full-spectrum fluorescent or incandescent lighting. Indirect lighting is best, since it keeps eye fatigue lowest.

SMELLS:
Years of research have been done on the impact of aromas on thinking and learning. Aromatherapists have identified certain scents that are influential in mental alertness and in relaxation.

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Tips: cut up fresh lemon and leave it near you; buy lemon or peppermint oils and put them by a fan, heater or candle; use room fresheners.
**MUSIC:**
As a background, low levels of _____________ music (andante or allegro, slower tempos, in major key) have been found to alter physiological states enough to induce relaxed alertness. (Examples: Vivaldi’s Four Seasons, Bach’s Brandenburg Concertos, or Handel’s Water Music). This music can also provide a source of white noise to mask out other sounds that might be _________________.

**TEMPERATURE:**
U.S. Defense Department studies report that high temperatures were responsible for decreases in performance requiring accuracy, speed, dexterity, and physical acuity. Keep your learning environment cool (not cold) for best attention, focus, and comprehension. For most learners, this means in the range of _____ ° to _____ ° fahrenheit.

**SETTING:**
Choose a chair that does not promote drowsiness. Furniture must be comfy, yet not too comfy. A little muscular tension helps to keep you ____________. Avoid couches, beds, and soft chairs—studying is hard enough without the temptation of falling ________________. Eye fatigue will be reduced if the book is 14 to 18 inches away from your eyes.

A posture most conducive to learning will …
- keep your knees higher than your hips
- support your arms and shoulders
- include a chair or a pillow to provide lumbar (lower back) support

… and don’t forget to change your position and get up and stretch now and then!
It’s design time! Include all the elements of an effective Quantum Learning study environment in your drawing below.