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.
8 keys growth gauge

I Live the 8 Keys of Excellence

Failure Leads to Success

Speak with Integrity

Growth of Goals

Commitment

Ownership

Flexibility

Believe

This is Life

SuperCamp

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What is Integrity?

What does Integrity mean to me?

How does Integrity apply to camp?

How does Integrity apply to my life?
What is Failure Leads to Success?

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How does Failure Leads to Success apply to my life?
What is Speak with Good Purpose?

What does SWGP mean to me?

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How does SWGP apply to my life?
What is This Is It?

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commitment

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How does Balance apply to camp?

How does Balance apply to my life?
This communication tool is a four-step process that helps us open the door to better relationships.

Observation
State just the facts—things you observe.
Example: “I saw that you threw your chair across the room.”
(Not, “I saw you got angry.”)

Thought
Express a thought or opinion about what you observed.
Example: “I thought you didn’t care.”

Feeling
Share a feeling you had about what you observed.
Example: “I felt sad (hurt, angry).”

Desire
Be specific about what you want—your desire.
Example: “I’d like for us to be friends.”
When an apology is necessary, the 4-Part Apology can effectively clean up the situation. By being complete with our apology, we show that we value the person and wish to maintain our relationship.

**Acknowledge**
Take responsibility for your actions and behaviors.
Use “I” statements.
Examples: “I acknowledge that I hurt your feelings when I said those things about you” or “I acknowledge that I borrowed your iPod without asking you.”

**Apologize**
Apologize and acknowledge the cost to others.
If unaware of cost, ask.
Examples: “I apologize for hurting you and realize that I may have ruined our relationship” or “I apologize and realize that you thought someone had stolen your iPod.”

**Make It Right**
Deal with the consequences of your behavior.
Ask the person what you can do to make it right.
Example: “What can I do to make it right?”

**Recommit**
Make a commitment to appropriate behavior.
Commit to not having the same behavior again.
Examples: “I agree to Speak with Good Purpose” or “I agree to ask before I borrow anything from you.”