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.
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?

What does Failure Leads to Success mean to me?

How does Failure Leads to Success apply to camp?

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

What does SWGP mean to me?

How does SWGP apply to camp?

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

What does This Is It mean to me?

How does This Is It apply to camp?

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

What does Commitment mean to me?

How does Commitment apply to camp?

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What is Ownership?

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What is Flexibility?

What does Flexibility mean to me?

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How does Flexibility apply to my life?
What is Balance?

What does Balance mean to me?

How does Balance apply to camp?

How does Balance apply to my life?
G A B S
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.”
Circle five words that best describe you. Put a check next to three words that you wish described you.

open   serious   loyal
angry   bossy    thoughtful
forgiving  selfish  shy
sensitive  distracted  accepting
extrovert  mellow  boring
indifferent  giving  careful
affectionate  opinionated  judgmental
aggressive  confident  attentive
talkative  generous  passive
trustling  funny  sympathetic
creative  enthusiastic  emotional
quiet  honest  understanding
inspiring  dependable  nervous
competitive  moody  forgetful

In a few minutes, share with your team:

1. The five descriptive words you circled, why these words are accurate descriptions of you, and how your life is affected by having these traits.

2. The three wish words you checked, how you can become more like each word, and how being that way will make a positive difference in your life.
What will challenge you tomorrow?

How can you support your team?

How can your team support you?
**action goals**

### Explore:
- 1. Nile River
- 2. Amazon River
- 3. Congo River
- 4. Colorado River
- 5. Yangtze River, China
- 6. Niger River
- 7. Orinoco River, Venezuela
- 8. Rio Coco, Nicaragua

### Study Primitive Cultures in:
- 9. The Congo
- 10. New Guinea
- 11. Brazil
- 12. Borneo
- 13. The Sudan
- 14. Australia
- 15. Kenya
- 16. The Philippines
- 17. Tanganyika (Tanzania)
- 18. Ethiopia
- 19. Nigeria
- 20. Alaska

### Climb:
- 21. Mt. Everest
- 22. Mt. Aconcagua, Argentina
- 23. Mt. McKinley
- 24. Mt. Huascarán, Peru
- 25. Mt. Kilimanjaro
- 26. Mt. Ararat, Turkey
- 27. Mt. Kenya
- 28. Mt. Cook, New Zealand
- 29. Mt. Popocatepetl, Mexico
- 30. The Matterhorn
- 31. Mt. Banier
- 32. Mt. Fuji
- 33. Mt. Vesuvius
- 34. Mt. Bromo, Java
- 35. Grand Teton
- 36. Mt. Baldy

### Accomplish:
- 37. Carry out careers in medicine and exploration
- 38. Visit every country in the world (30 to go)
- 39. Study Navaho and Hopi Indians
- 40. Become an Eagle Scout
- 41. Dive in a submarine
- 42. Land on and take off from an aircraft carrier
- 43. Fly in a blimp, hot air balloon, and glider
- 44. Ride an elephant, camel, ostrich and bronce
- 45. Skin dive to 40 feet and hold breath 2½ minutes
- 46. Catch a 10-pound lobster and a 10-inch abalone
- 47. Play flute and violin
- 48. Type 50 words per minute
- 49. Take a parachute jump
- 50. Learn water and snow skiing
- 51. Go on a church mission
- 52. Follow the John Muir trail
- 53. Study Native medicines
- 54. Bag photos of elephant, lion, rhino, cheetah
- 55. Learn to fence
- 56. Learn jujitsu
- 57. Teach a college course
- 58. Ride horse in Rose Parade
- 59. Watch a cremation ceremony in Bali
- 60. Explore the depths of the sea
- 61. Appear in a Tarzan movie
- 62. Own a horse, chimp, cheetah, ocelot and coyote
- 63. Become a ham radio operator
- 64. Build own telescope
- 65. Write a book
- 66. Get published in National Geographic
- 67. High jump 5 feet
- 68. Broad jump 15 feet
- 69. Run a mile in five minutes
- 70. Weigh 175
- 71. Perform 200 sit-ups and 20 pull-ups
- 72. Learn French, Spanish, and Arabic
- 73. Study lizards on Komodo Island
- 74. Visit birthplace of Grandfather Sorenson in Denmark
- 75. Visit birthplace of Grandfather Goddard in England
- 76. Ship aboard a freighter as a seaman
- 77. Read the entire Encyclopedia Britannica
- 78. Read the Bible
- 79. Read the works of Shakespeare, Plato, Aristotle, Dickens
- 80. Become familiar with compositions of Bach, Beethoven, Debussy, Ibert, Mendelssohn, Lalo, Rimski-Korsakov, Respighi, Liszt, Rachmaninoff, Stravinsky, Toch, Tchaikovsky, and Verdi
- 81. Become proficient in the use of a plane, motorcycle, tractor, surfboard, rifle, pistol, canoe, microscope, football, basketball, bow and arrow, lariat, and boomerang.
- 82. Compose music
- 83. Play Clair de Lune on the piano
- 84. Watch fire-walking
- 85. Milk a poisonous snake
- 86. Light a match with a 22 rifle
- 87. Visit a movie studio
- 88. Climb Cheops’ pyramid
- 89. Become a member of the Explorers’ Club and the Adventurers’ Club
- 90. Learn to play polo
- 91. Travel through the Grand Canyon on foot and by boat
- 92. Circumnavigate the globe
- 93. Visit the moon
- 94. Marry and have children
- 95. Live to see the 21st century
- 96. Learn to fly a plane

### Photograph:
- 97. Iguacu Falls, Brazil
- 98. Victoria Falls, Rhodesia
- 99. Sutherland Falls, New Zealand
- 100. Yosemite Falls
- 101. Niagara Falls
- 102. Retrace route of Marco Polo and Alexander the Great

### Explore Underwater:
- 103. Coral reefs of Florida
- 104. Great Barrier Reef
- 105. Red Sea
- 106. Fiji Islands
- 107. The Bahamas
- 108. Okfeneokee Swamp and the Everglades

### Visit:
- 109. North and South Poles
- 110. Great Wall of China
- 111. Panama and Suez Canals
- 112. Easter Island
- 113. Galapagos Island
- 114. Vatican City
- 115. Taj Mahal
- 116. Eiffel Tower
- 117. Blue Grotto
- 118. Tower of London
- 119. Leaning Tower of Pisa
- 120. Sacred Well of Chichen-Iza
- 121. Climb Ayers Rock
- 122. Follow River Jordan – Sea of Galilee to Dead Sea

### Swim In:
- 123. Lake Victoria
- 124. Lake Superior
- 125. Lake Tanganyika
- 126. Lake Titicaca, South America
- 127. Lake Nicaragua

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A short term goal I want to accomplish is...

A medium term goal I want to accomplish is...

A long term goal I want to accomplish is...

A dream goal I want to accomplish is...
DO IT goals

D ____________
O ____________
I ____________
T ____________

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