Think in Ink – 8 Keys

Let’s take a quick look back at all the Keys. Give some thought to how the Keys have impacted you as you’ve made them part of your life. If during this think-in-ink process you find that some have affected you less than others—or even some not at all—try to focus on those over the summer. Keep an affirmation in mind, hang a poster—do whatever it takes to make them all work for you!

1. **INTEGRITY:** Have I become more sincere and real since learning about this Key? What is something I’ve changed to make sure my actions match my values?

2. **FAILURE LEADS TO SUCCESS:** Do I view failure as feedback now instead of in a negative way? What is something I’ve learned from a failure?

3. **SPEAK WITH GOOD PURPOSE:** Have any of my relationships changed because I thought before I spoke and chose my words carefully? Who? And how?

4. **THIS IS IT:** Am I keeping a positive attitude and focusing on now? What is something that turned out better because I chose to focus on now?

5. **COMMITMENT:** Has my new knowledge about commitment and taking positive action helped me reach a goal? What’s my next goal?

6. **OWNERSHIP:** How do I feel when I don’t blame or justify or rationalize to explain my actions?

7. **FLEXIBILITY:** What has changed in my life when I have been willing to change? What’s an example of my flexibility?

8. **BALANCE:** When I have made positive choices about my priorities, how has it changed me? My relationships? My life?