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.
How does Integrity apply at camp?

Integrity

How does Integrity apply to my life?
How does FLTS apply to camp?

How does FLTS apply to my life?

Failure Leads to Success
think in ink

speak with good purpose

How does SWGP apply at camp?

Speak with Good Purpose

How does SWGP apply to my life?
This Is It

How does This Is It apply to camp?

How does This Is It apply to my life?
life skills

How does Commitment apply to camp?

Commitment

How does Commitment apply to my life?
ownership

How does Ownership apply to camp?

Ownership

How does Ownership apply to my life?
How does Flexibility apply to camp?

Flexibility

How does Flexibility apply to my life?
How does Balance apply at camp?

Balance

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.”
4-part apology

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.”
FIMAGE: the fear of our image that holds us back from being the person we want to be and doing things that will move our lives forward.

What is one thing you are committing to doing to step out of your Comfort Zone while here at SuperCamp?
What will challenge you tomorrow?

How can you support your team?

How can your team support you?
MY BEST SELF

WHAT I WANT

MY 100% EFFORT

FIMAGE
FAILURE LEADS TO SUCCESS

WHAT'S IN IT FOR ME?