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. “Ownt” 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.
Affinity means close relationship. This is an exercise that begins to build or enhance affinity. It is also a wonderful way to discover positive things about ourselves and others, helping us to grow in self-esteem and self-confidence.

The Affinity Activity
Ask each question once. Responses to the person answering the question should be acknowledged with “thank you.” Each person has the opportunity to ask the series of questions three times. From this experience, further discussion of personal interests and admiration can take place.

Step 1:
Tell me something I don’t know about you.

Step 2:
Tell me something you like about me.

Step 3:
Tell me something we may have in common.
This communication tool called OTFD is a four-step process to build 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.”
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's one thing you are committing to do to step out of your Comfort Zone here at SuperCamp?
“Choosing to live your life by your own choice is the greatest freedom you will ever have. It is only when you exercise your right to choose that you can also exercise your right to change. The end result of your life here on earth will always be the sum total of the choices you made while you were here.”

—Shad Helmstetter
What was your biggest learning around technology through this experience?

What did you learn about yourself?

What strategies will you use to maximize the benefits and minimize the cost of technology?
MY BEST SELF

WHAT I WANT

MY 100% EFFORT

FIMAGE
FAILURE LEADS TO SUCCESS

WHAT'S IN IT FOR ME?
Please fill in your responses to the following statements. The response you put down should best reflect how you communicate most of the time.

**Message Sender**
The best way to describe my communication style is _____________________________________________.

In a conversation I like to be the person who is ________________________________________________.

I can’t stand it when I’m talking and the person I’m talking with ____________________________________.

If someone I’m talking with doesn’t understand what I’m saying I usually _____________________________
_______________________ to get my point across.

**Message Receiver**
I really listen closely when the person I’m talking with is someone who ______________________________.

A great listener is someone who ______________________________________________________________.

When someone is speaking to me I pay attention by ______________________________________________
or ________________________________.

When someone is talking I listen for ___________________________________________________________.

**Feedback**
I shut down during communication when ________________________________________________________.

I let the person I’m listening to know that I’m with them by ________________________________________________.

If I’m confused by something the person I’m talking with says, I usually ________________________________.

When someone I’m talking with gets angry, my response is usually to ________________________________.
communicator survey

Noise
While someone else is talking my mind is usually ________________________________________________.

When someone is talking I get distracted by ____________________________________________________.

I can concentrate when listening for a _______________________________ period of time.

I completely check out while someone is talking if they are _____________________________ or I am feeling ________________________________.

Overall
Please rate yourself on the following and provide an explanation for why you selected your rating.

My communication with my teachers is: great               good               okay               poor
  Why:

My communication with my parents is: great               good               okay               poor
  Why:

My communication with my siblings is: great               good               okay               poor
  Why:

My communication with my friends is: great               good               okay               poor
  Why:

My overall communication is: great               good               okay               poor
  Why:
Why do we communicate?