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 is 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
technology
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?
Accountability Partner

WHAT SKILLS I AM COMMITTED TO USING AT HOME

HOW MY ACCOUNTABILITY PARTNER CAN SUPPORT ME.

WHAT OBSTACLES COULD I COME UP AGAINST?

WHAT'S IN IT FOR ME?