8 Keys Review

And now for 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**: How does my feeling about myself change when I do the right thing?

2. **FAILURE LEADS TO SUCCESS**: How have I proved this year that I grow by learning from my failures?

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**: What areas of my life changed because I chose to focus on what’s happening now? How?

5. **COMMITMENT**: When I give my best effort to achieve my goals, how do I feel about myself? How have others responded?

6. **OWNERSHIP**: When I stop blaming others and take responsibility for what I say and do, how do I feel about who’s controlling my life? Have others shown they respect me more?

7. **FLEXIBILITY**: What has changed in my life when I have been willing to change?

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