

8 to Great: The Powerful Process for Positive Change

Talking Points

The 8 to Great High-Ways

High-Way # 1: Get the Picture

Belief is a thought you keep thinking until you feel it.
Visualize the outcome until it feels good is the first step.

High-Way # 2: Risk

If I had no fear, what would I do?
Risk is never running from our fears—it's always running to our dreams.

High-Way # 3: Responsibility

What does full responsibility look like?
Until we see that we're in charge of our lives, we can feel trapped in a prison.

High-Way #4: Feel All Your Feelings

Opposites are two sides of the same coin—like rage and sadness.
As we overcome the fear and judgment of our own emotions, we can more easily accept the feelings of others.

High-Way # 5: Honest Communication

Ask for what you want.
Practice deep non-defensive listening.

High-Ways 6, 7,8: Positive Attitude is FGH

Forgiveness of the Past—we were all doing the best we could with the information we had.

GratITUDE for the Present—celebration of the good in every person and situation.

Hope for the Future—knowing that our destiny awaits us.