This book is the
POWERFUL PROPERTY OF:

SAMPLER

8 to great
Student Handbook
At 8 to Great We Believe...

that students are making adult decisions every day
and therefore deserve to be treated as adults, that
student potential is unlimited and often goes untapped,
and that information can lead to transformation.

Our Mission

is to open the hearts and minds of educators
and students to their potential for greatness,
instilling hope and inspiring possibilities.

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A Note From the Author...

I recall the day years ago when I walked through a study hall at an alternative high school. A young man looked up without raising his head. There was sadness in his eyes. It seemed somewhere inside he knew that life could be easier and better, if only someone would show him the way.

Six weeks later, that same young man had learned the 8 to Great process. The light in his eyes as he passed me in the hall was unmistakable. He, like thousands of others, had discovered that when we learn the process for success, the progress follows.

Over the years, I have not only used this process every day of my life, I have also trained hundreds of thousands of business people, health care professionals, educators and students in 8 to Great. I have seen its power so clearly that I can make you three promises:

Promise #1:
It will take you no more than three hours to learn this process.

Promise #2:
It will take you no more than three minutes each day to apply this process.

Promise #3:
This process will help everyone who uses it.

I’m so grateful for 8 to Great and for you. Email us at feedback@8togreat.com with your comments and success stories. We look forward to hearing from you!

If you can’t describe what you’re doing as a process, you don’t know what you’re doing.
– W. Edwards Deming
Success is not the way to happiness. Happiness is the way to success.
– Albert Schweitzer

The Power Pyramid
The Key to Personal Power
Is Power a Good Thing?

Yes! When we feel powerless, isn’t it the worst feeling on the planet? The good news is, we are never truly powerless. We only feel powerless when we disrespect ourselves by giving our power away.

Think for a minute… who do you allow to bring you down? When do you give your power away? Have you ever wondered why?

8 to Great refers to feeling powerless as a "5" because when we’re there, we’re only using 5% of our power and giving away the rest. Imagine driving a car that was only 5% fuel efficient. There’s plenty of gas in the tank, but we’re wasting it. Sometimes on our “5” days our energy is so low that we can barely get out of bed.

When we’re ready to take our power back, we can go from a “5” to a “95” in nothing flat. A “95” day is when 95% of our thoughts feel good. The good news is that we have the power to be at the top of the Power Pyramid because we get to choose what we think about and focus on!

For example, right now, we all could, if we wanted to, find something to worry or complain about. At the same time, we all could, if we wanted to, find something to be grateful for. One focus doesn’t feel good and takes us to a “5”, while the other feels great and takes us to a “95!”

Where are you on the Power Pyramid right now?
Where would you like to be?

The greatest discovery of my generation is that by changing the attitudes of our minds, we can change the outer aspects of our lives.

– William James
With a partner, complete this phrase:

When we feel good, we have...
(i.e., more energy, more fun, etc.)

more

more

more

more

more

more

When we feel good, good things happen!

So what is your most important job today?

Thoughts That Feel Good
You’re thinking about something right now. That thought either feels good (moving you higher on the Power Pyramid) or it doesn’t (taking you lower on the Power Pyramid). Your homework is to travel the road of the thoughts that feel better. When you get detoured onto thoughts that don’t feel good…catch yourself, make a legal “you-turn,” and return to “95!”

Draw or write about 3 dreams, memories or people that get you "95'n" when you think about them:
I believed in belief for its own sake. To believe in the face of utter hopelessness, that's what's most important. Dispiritedness and disappointment are the real perils of life, not some sudden illness or cataclysmic doomsday. My advice to each of you is never stop believing.

– Lance Armstrong
What would your life be like if you woke up tomorrow with a magic wand?

Imagine that all you had to do was wave a magic wand in a figure 8, say your wish aloud, and it would come true in the next day, week, or month. How would that power change your life? Some of you may be thinking, “I’d win the lottery.” Then what? Where would you go? What would you do? Who would you be? Your power has nothing to do with your looks, your grades, your income, or your age. Your power lies within.

Every time you Get the Picture and think about something you desire, your thoughts send out energy—like a magnet—to attract that very thing to you. The more you think about it, the more real it becomes until the thought of it feels as real as the chair you’re sitting on. The easiest way to move from conceiving (thinking) to believing (feeling excited) is by using our imagination.

Mary Lou Retton

In 1984, the first perfect 10 score in the history of the U.S. Olympic Team was achieved by a 16-year-old by the name of Mary Lou Retton. When the reporters swarmed around her after her flawless performance on the vault, someone asked, “How does it feel to have received the first perfect 10 score for the U.S. team?”

Her answer was, “Like it’s always felt!”

“But no one has ever done it before!” the reporter challenged.

“I’ve done it thousands of times in my mind,” was her reply.

Add 3 names to the above list. (Will yours be one?)

Mary Lou Retton

Lincoln
Oprah
Mother Teresa
Edison
Churchill
John P. Kennedy
Amelia Earhart

A belief is a thought you keep thinking until you feel it.

For years Mary Lou thought about the excitement of achieving a perfect 10 until she felt it. At that point, the only impossibility was that she would not achieve it.
Get the Picture
Think It ‘til You Feel It

Activity 1  Dream Listing
Find a partner. The first person picks one of the Dream categories below to start their imagining. Then the other person asks them the question (Q) below that line, and for the next few minutes interviews them as though it has already happened. Then trade places. Continue for as long as you like!

Imagine...

A place you just visited:
Q) What was one of your favorite memories from the trip?

The person you spent the day with:
Q) What was it like to be with them?

The game/concert you just attended:
Q) Where were your seats?

The award/honor you recently won:
Q) What was it like the day you received it?

The dream job that you just started:
Q) What is one of the things you love most about having this job?

The organization you donated to:
Q) How did it feel to be able to do that?

Activity 2  3-Minute Visualization
Sit with both feet on the floor and take a deep breath. When you’re comfortable, close your eyes.

In your mind, go to the day when your dream is coming true. See it in full color. Notice what you’re wearing, who’s there with you, what people are saying, and especially how you’re feeling. Stay there for a minute.

Next, in your dream, notice someone walking excitedly toward you. Once they reach you, hear them tell you that they have a dream similar to yours. Hear them ask you how you did it. Enjoy that conversation for a minute.

Then, imagine yourself returning home after that dream-come-true day. Walk into your home and see mail lying on the counter. Notice that the top letter is addressed to you. See yourself opening it. As you read it, discover that it’s full of even more good news. It may be a love letter, a check, an announcement that you’ve won an award, a scholarship, or a thank-you letter from someone whose life you’ve touched. Be there with your feelings for a minute.

When you’re finished, open your eyes.

How did that feel?

The biggest thing I’ve been thankful for is my imagination. When people said, “It’s impossible; it can’t be done,” that’s where my imagination came into play.
– Michael Phelps, Olympic Gold Medalist

PAGE 16  HIGH-WAY 1: GET THE PICTURE
Allie's Story

Allie VenJohn was a senior in high school when she first heard about *Get the Picture* from an *8 to Great* speaker. She writes, “I dreamed of one day playing professional golf, but I was just an average golfer who didn’t really stand out. When the speaker started talking, I listened to every word about ‘thinking it ‘til you feel it.’ I believed in it so much that I wrote her this email:

“When you walked in today I was an average golfer. When you left, I was an exceptional golfer. You will be hearing from me, and will soon replace Michael Phelps’ example with my own when you tell the story of someone who truly believed and succeeded!”

The very next day Allie competed against the two-year undefeated state champion in high school golf in her state and beat her by 2 strokes, winning the tournament! Allie took 8 strokes off her best ever score in just 24 hours and got a college scholarship in golf as a result.

**What would you do today and who would you be if you believed you could do anything?**

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Believe In It

Jim Carrey, an actor known for his zany comedy films, realized the importance of believing in his dreams. In an interview with Barbara Walters, he shared that in 1987, during a 3-month stretch without work, he had only enough money for supper or a tank of gas. He chose to buy gas, and drove to one of the most prestigious neighborhoods in Beverly Hills in the middle of the night. When he found what he considered the most beautiful home in the area, he got out and sat on the curb with one intent—that he would not leave until he believed that he lived there. After hours of imagining his life as owner of the mansion, he could feel the feelings of knowing that those were his cars in the driveway and that his kids were sleeping on just the other side of that bedroom window. At this point, he got out his checkbook and wrote out a check to himself for ten million dollars, “for services rendered.” He then dated the check “1995” and put it in his billfold.

It was in February of 1995 that Carrey received a real check for ten million dollars for a film he had just completed entitled, *The Mask*. When he buried the dream check with his father one month later, the actor explained, “His dream was realized through me.”

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Don't Just Think It, Ink It!

How do you get to a believing place with your goals or dreams? Writing them down is a good start. Drawing them, making a poster or collage of them, anything visual that will spark a physical as well as emotional reaction is helpful when you are not yet a believer.

A study of Harvard MBA alumni found that 10 years after graduation:

- 83% of the graduates had no specific goals or dreams that they could name, either personally or professionally.
- 14% had specific goals or dreams but never wrote them down.
- 3% carried their written goals and dreams with them.

In an income comparison, the third group with the written dreams (3%) was making 10 times as much income as the first two groups with no written dreams.

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Stay away from people who belittle your aspirations. Small people do that. But the truly great people in the world will make you believe that you, too, can one day become great.

–Mark Twain
When are 5 times during a week you could use "Get the Picture" to imagine a result before it happened? (i.e., before a test, before a date, etc.)

1) Before _________________________________

2) Before _________________________________

3) Before _________________________________

4) Before _________________________________

5) Before _________________________________

★ Put a STAR next to the one you're ready to START using NOW.

More 95'n

I used “Get the Picture” to add 33 points to my best ever bowling score. This stuff works! – Ryan, 16

I won (Mr. Universe four times) because I saw myself so clearly, being up there on the stage and winning. – Arnold Schwarzenegger

What we think determines what we feel, which determines what we do, which determines who we are. – Anonymous

When I get my Oscar award I will thank 8 to Great for helping me make it possible! – Renna, 14

How beautiful it is to close your eyes and dream, and then to open them and make that dream a reality. – Shawn Combs

Movies 'n Books

Rudy
Field of Dreams
Music of the Heart

The 7 Habits of Highly Effective People
• Stephen R. Covey

Write It Down, Make It Happen
• Henriette Anne Klauser
1) Most people just think about their dreams, while the really successful people ____________ in their dreams.

2) A belief is a thought you keep thinking until you: ____________

3) GOALS are S.M.A.R.T.: Specific, Measurable, Attainable, Realistic and Time-based. An example would be:

DREAMS are B.I.G.: Bold, Innovative and Grand. An example would be:

4) With DREAMS, we ignore "How" and only focus on ____________ and ____________

# Correct: __________ Congratulations!

If you think you can or if you think you can't, either way you're right.  
– Henry Ford