

*8 to Great*

# HIGH-WAYS

## 1. GET THE PICTURE

Visualize the end result. Think it 'til you feel it.

## 2. RISK

Ask yourself, "If I had no fear..." and Run To, Not From.

## 3. FULL RESPONSIBILITY

Move from B.C. (Blaming & Complaining) to A.D. (Acting & Dreaming).

## 4. FEEL ALL YOUR FEELINGS

Allow both Mad (Anger) and Sad (Release) in order to heal.

## 5. HONEST COMMUNICATION

Ask for what you want and listen from the heart.

## 6. FORGIVENESS OF THE PAST - FGH

We were all doing the best we could with the information we had.

## 7. GRATITUDE FOR THE PRESENT - FGH

Share three things you're grateful for each day, no repeats.

## 8. HOPE FOR THE FUTURE - FGH

Don't give up. The road to success is never a straight line.

