

## The 8 Keys of Excellence



### **THIS IS IT!** – Make the most of every moment

Focus your attention on the present moment. Keep a positive attitude.

*Body motion:* Tap hand under chin, palm down (chin up for good attitude)

### **OWNERSHIP** – Take responsibility for actions

Be responsible for your thoughts, feelings, words, and actions. “Own” the choices you make and the results that follow.

*Body motion:* Hands on stomach (being responsible for everything in us)

### **SPEAK WITH GOOD PURPOSE** – Speak honestly and kindly

Think before you speak. Make sure your intention is positive and your words are sincere.

*Body motion:* Hand "talking" next to mouth

### **COMMITMENT** – Make your dreams happen

Take positive action. Follow your vision without wavering.

*Body motion:* Arm up "showing muscles" position ("C" shape)

### **FAILURE LEADS TO SUCCESS** – Learn from mistakes

View failures as feedback that provides you with the information you need to learn, grow, and succeed.

*Body motion:* Touch/tap nose (sweet smell of success)

### **INTEGRITY** – Match behavior with values

Demonstrate your positive personal values in all you do and say. Be sincere and real.

*Body motion:* Hands together over your head

### **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.

*Body motion:* Bend knees a few times

### **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.

*Body motion:* Pick up each foot slightly off floor briefly