

# WMS 8th Grade

## ***8 to Great*** Program

### **Overview**

*Go confidently in the direction of your dreams. Live the life you have imagined*  
*Henry David Thoreau*

Welcome to ***8 to Great***, a program designed to help participants discover the formula for success. This program is based on years of research and teaches there are many ways to reach a destination but the high road is always the best route.

The WMS 8<sup>th</sup> grade students enrolled in 2008-09 Fitness Education classes are taking part in an affective pilot program called ***8 to Great***. We have completed the ***8 to Great*** program with our first group of students (2007-08) and pleased to report the following results:

- Dovetails with middle school core principles and the ***Strengths Finder*** program
- Lessons challenge students to apply the 8 High-Ways in their life
- Provides students with a set of terms and steps for dealing with stress
- Equips students with a formula for success that can be applied in all areas of life

The following information is a snap shot of ***8 to Great*** program:

#### **The 8 High-Ways:**

- High-Way #1 - Get the Picture  
Visualize the end result – Think it ‘til you feel it
- High-Way #2 – Risk  
Defining healthy risks - Running to, not from
- High-Way #3 – Full Responsibility  
Moving from B.C. (Blaming and Complaining) to A.D. (Acting and Dreaming)
- High-Way #4 – Feel All Your Feelings  
Allow both Mad (Angergy) and Sad (Release) to help us heal – Angergy is a term used in ***8 to Great*** to describe “energy for change”
- High-Way #5 – Honest Communication  
Asking for what we want and Deep Listening
- High-Way #6 – Forgiveness of the Past  
We were all doing the best we could at the time with the information we had
- High-Way #7 – Gratitude for the Present  
You’ve never meet an ungrateful person who was happy
- High-Way #8 – Hope for the Future  
The road to success is never a straight line. Hang in there!

For additional information on the ***8 to Great*** program visit [www.8togreat.com](http://www.8togreat.com)