

# The 8 to Great and SEL Alignment

## The 5 Core SEL Competencies



THE **8** to Great

\* road map to success!

--- HIGH-WAYS ---

**1**

**GET THE PICTURE**

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

**2**

**RISK**

Ask yourself, "If FEAR was not a factor..."  
and RUN TO, *not from*.

**3**

**FULL RESPONSIBILITY**

Move from Blaming and Complaining  
to ACTING and DREAMING.

**4**

**FEEL ALL YOUR FEELINGS**

To heal, allow both  
MAD (*Angery*) and SAD (*Release*).



*Hope is what happens when you have a process.*

**5**

**HONEST COMMUNICATION**

ASK for what you want and  
LISTEN from the heart.

**6**

**FORGIVENESS OF THE PAST**

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

**7**

**GRATITUDE FOR THE PRESENT**



Three things you're grateful for each day,  
NO REPEATS.

**8**

**HOPE FOR THE FUTURE**



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

# The 8 to Great and SEL Alignment

<b>Self-Management</b> 	<b>Power Pyramid /High-Way #</b> 
<b>Managing one's emotions</b>	<b>4, 5</b>
<b>Using stress management and self-care strategies</b>	<b>PP, 3,4,6</b>
<b>Exhibiting self-discipline and self-motivation</b>	<b>PP, 1,3</b>
<b>Setting personal goals (and dreams)</b>	<b>1</b>
<b>Showing the courage to take initiative</b>	<b>2,5</b>
<b>Demonstrating personal agency</b>	<b>2,3,5</b>
<b>Cultivating resilience</b>	<b>2,3,6</b>
<b>Overcoming adversity</b>	<b>PP, 1,2,3,4,5,6,7,8</b>





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<b>Relationship Skills</b> 	<b>Power Pyramid /High-Way #</b> 
Listening actively, communicating effectively	4, 5
Using stress management and self-care strategies	PP, 3,4,6
Developing mutually healthy relationships	2, 3, 4, 5, 6
Making and maintaining respectful friendships	2, 3, 4, 5, 6
Demonstrating Gratitude	PP,7
Demonstrating humility and competence	3,7
Resisting negative social pressure	PP, 1, 2,5
Standing up for the rights of others	2,5



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<b>Social Awareness</b> 	<b>Power Pyramid /High-Way #</b> 
Leaning into other's perspectives with curiosity	4, 5
Recognizing the strengths in others	5,7
Demonstrating empathy and compassion	4,5
Showing concern for the feelings of others	4,5,6
Acknowledging the strengths in others	2,5,7
Identifying cultural and social norms	2,3,5
Recognizing situational demands and opportunities	2,3,5,7
Creating and maintaining a caring community	1,2,3,4,5,6,7





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# The 8 to Great and SEL Alignment

<b>Self-Awareness</b> 	<b>Power Pyramid /High-Way #</b> 
Integrating personal and social identities	1,2,3,5
Identifying Emotions	4,5
Demonstrating honesty and integrity	3,4,5
Linking feelings, values and thoughts	3,4,5
Examining prejudices and biases	3,5
Experiencing self-efficacy	PP, 2,3,5
Developing interests and a sense of purpose	PP, 1
Reflecting on one's personal contributions within a community	1,2,5





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<b>Responsible Decision-Making</b> 	<b>Power Pyramid /High-Way #</b> 
<b>Demonstrating curiosity and open-mindedness</b>	<b>1,2,3,5</b>
<b>Demonstrating the use of honesty, integrity &amp; fairness</b>	<b>2,3,4,5</b>
<b>Learning how to use data and facts to make a reasoned decision</b>	<b>3,5</b>
<b>Identifying solutions for personal and social problems</b>	<b>2,3,4,5,6,7,8</b>
<b>Evaluating the consequences of one's actions</b>	<b>3,5,6</b>
<b>Recognizing the usefulness of critical thinking skills</b>	<b>PP,3,5</b>
<b>Seeing one's role in promoting personal, family and community well being</b>	<b>PP,1,2,3,7</b>

