



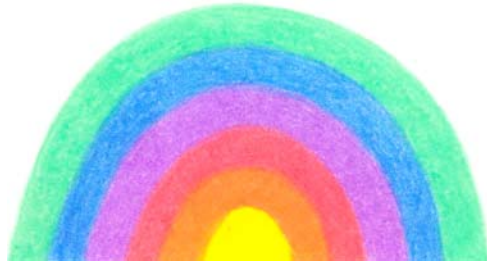
Success Principles to Build Character  
for Champions of All Ages

# Keys to Success

Written and Illustrated  
by M.C. Gillis  
[www.ExpandingHeart.com](http://www.ExpandingHeart.com)

# Keys to Success

Success Principles to Build Character  
For Champions of All Ages



Written & Illustrated  
By  
"Mo" M.C.Gillis

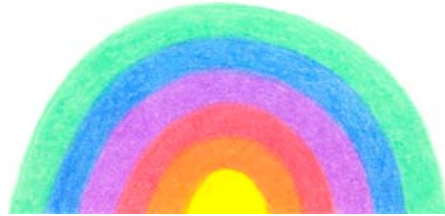
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 Dedication 

This book is dedicated to two complex and caring human beings, my mother and father. They were not born and raised in the information age. The depression and World War II influenced them when they were growing up. Their parents were immigrants to the United States of America. I can only imagine the hardships they, as children of immigrants, had to overcome. They worked hard so I could have a better life than they did. They gave me all they had to give. Their passions and pains, their strengths and weaknesses, their hopes and dreams became mine. This is the invisible inheritance parents pass on to their children, generation after generation.

My parents taught me many timeless truths through sayings and verse. Through observation, and trial and error, I understood it was simply not enough to understand the words. It is living the truth in love that sets us free. But before the truth can be lived, it must be known.

Thanks to my parents, Julia Frances and John Richard Gillis, who exposed me, at a young age, to words of truth and love. The experience had a profound effect on shaping who I am.



## Introduction

The poems in this book express basic thoughts and ideas for living a successful life.

Can we be stronger? Yes! Can we be happier? Yes! Changing the thoughts we think empower us to change our lives.

This book includes two parts, poems and extras. The poems are designed to be said out loud. Saying these poems aloud incorporates more of the senses during the learning process and increases memory retention.

The extras include posters and visual materials. A great majority of people are visual learners. Posting visual reminders in the environment helps us stay focused on our goals.

Daily practice, of simple success principles, produces results.

An added benefit, of repeated practice of any skill, is that it produces an attitude of ease that allows one to rise above the mundane and tap into creative potential.

These simple poems and extras are tools to promote attitude, the kind of attitude that will make us happier, healthier human beings.

If we really, really, really, really want a better world,  
we need to be love.

Practicing principles of truth helps us to be all that.

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## Keys to Success Extras – “How to” Posters

- How to Be a Friend
- How to Change a Negative Thought to a Positive Thought
- How to Be a Winner

(Part Two: Extras will be growing.)

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Start  
With



Myself

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# To Myself Be True



I will learn who I am.

To myself, I will be true.

With care, I will promise.

What I promise I will do.



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# I Get What I Give



My love like a seed,

When planted will grow.

Great love I will reap,

When it's love I sow.



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# I'll Keep It on My Mind



Chorus:

I'll keep it on my mind  
To always be kind.

I am not weak because I care.  
I am strong. Do you dare

(Repeat Chorus:)

When someone doesn't understand,  
I have heart; I'll lend a hand.

(Repeat Chorus:)

When I hear a friend in trouble,  
I'll be there on the double.

(Repeat Chorus:)

# Outstanding

More and more, I am outstanding.

All the time, in everything I do.

There is no need to remind me.

Everyday, what I need to, I do.



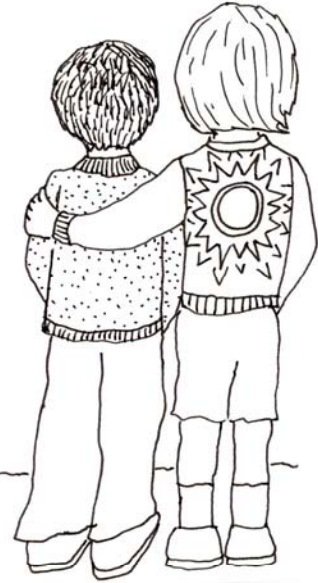
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# A Chance To Change



I will be bold, be myself and be real.

I will say kindly what I think and feel.

If someone's behavior is bothersome to me,

I will accept them as they are, and let them be.

I will not react. I will not be unkind back.

I will stay calm and patient, and cut them  
some slack.

With kind words and face, I will say what I feel.

I will be myself, extra kind, brave and real.



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# Many Ways to Say I Can



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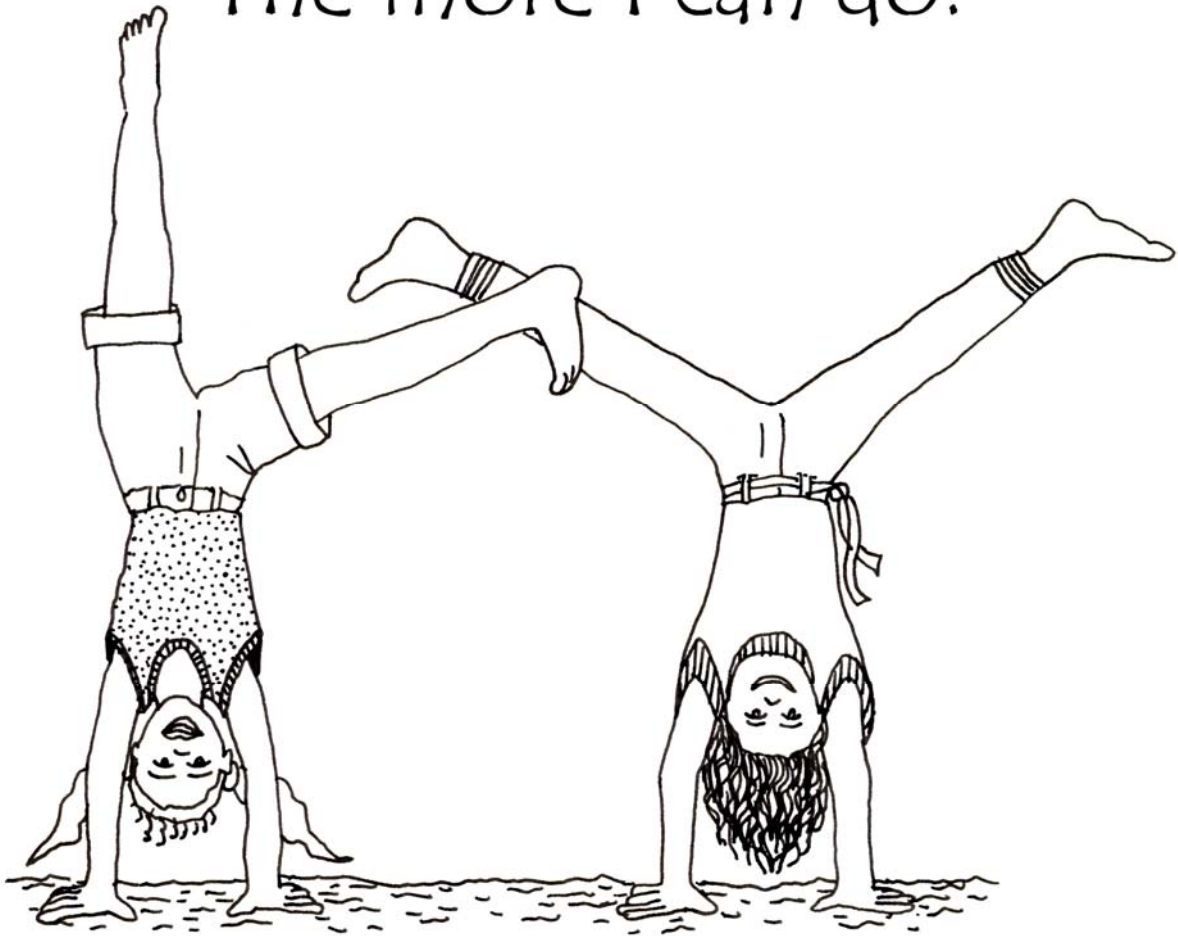
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# I Am A Can Do Kid

I can! I Can!  
It's really true.  
The more I say it,  
The more I can do.



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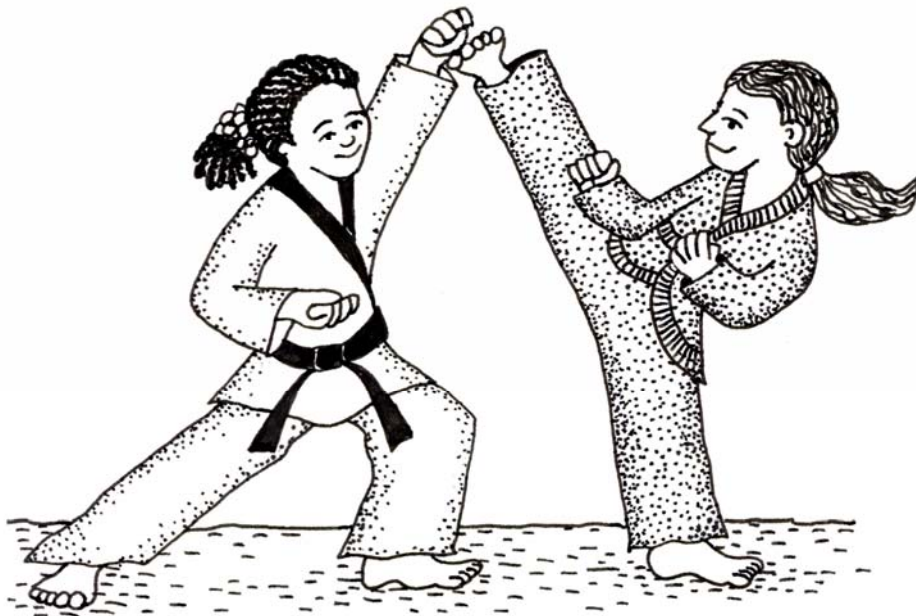


# Yes, I Can!

I can't is for quitters,  
And that's not me.  
A winner I am,  
And a winner I'll be.



I can! I can!  
I'll figure it out.  
Be the best I can be.  
I have no doubt.



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# To the Top



When a task seems quite enormous,  
And I think, "I just can't win".  
I know there's something missing,  
From this awful mess I'm in.

Self-control, that's what I need.  
Step by step, I will not stop.  
I can surely reach my goals.  
I can climb that mountaintop.



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I Believe  
I Can!



Confidence gives me wings.

I can do so many things.

No mountain is too high.

I believe I can. Watch me fly.



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# I Can Think For Myself

Before I get panicked,  
And cry out for help  
Or act really silly  
And let out a yelp,



I know on my own  
I can figure it out.  
There's many solutions,  
Of that there's no doubt.



I will use my brain.  
My memory is strong.  
I can think for myself.  
An answer won't take long.

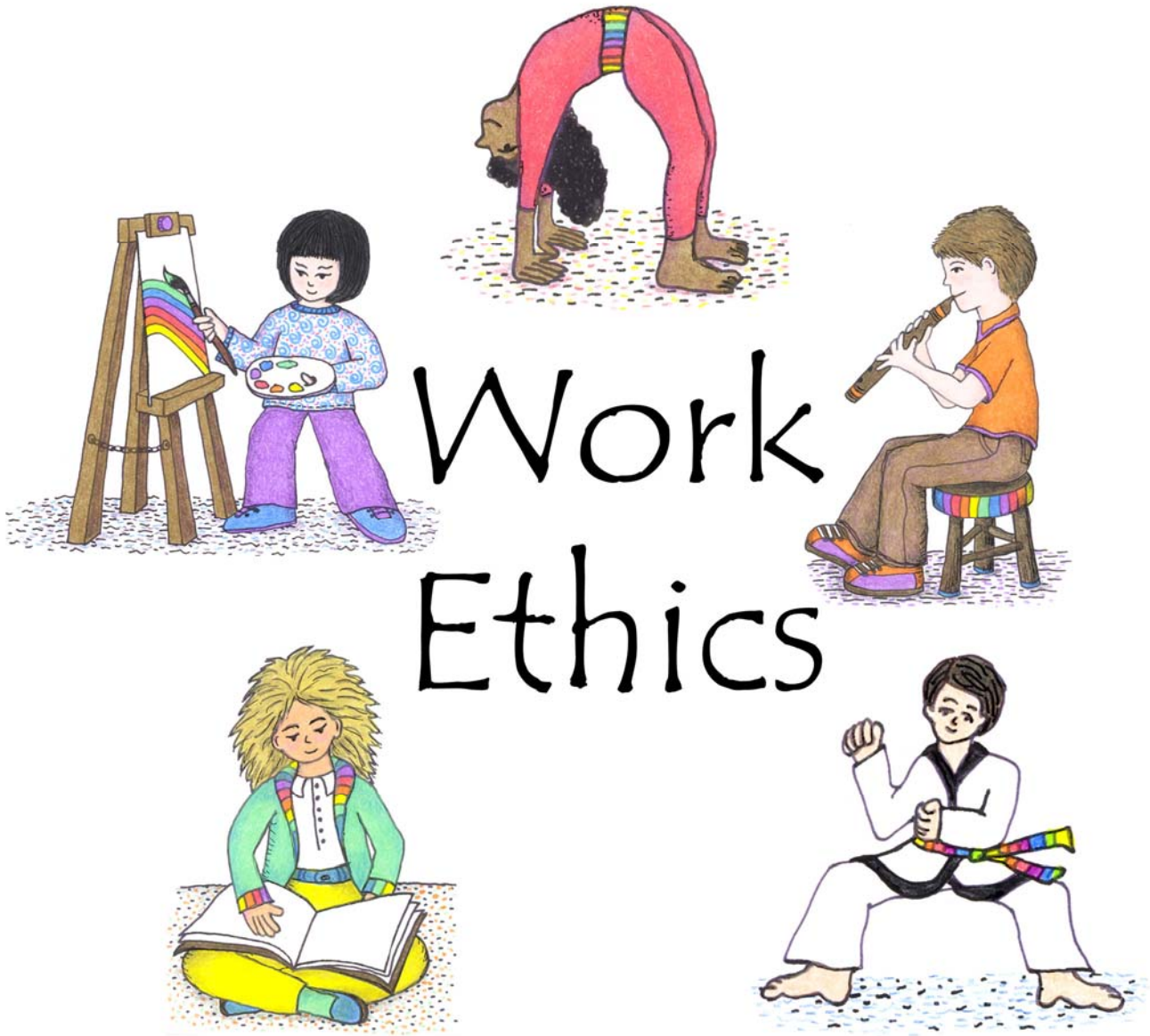


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# Work Ethics

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Work  
Is  
Fun!



Work. Work. Work.

Work is fun.

I love to work,

Until the day is done.

Work  
makes me  
strong.



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# Feeling Fine



I'm feeling fine.

The day is mine.

On a straight line

for success,

I'm feeling fine.

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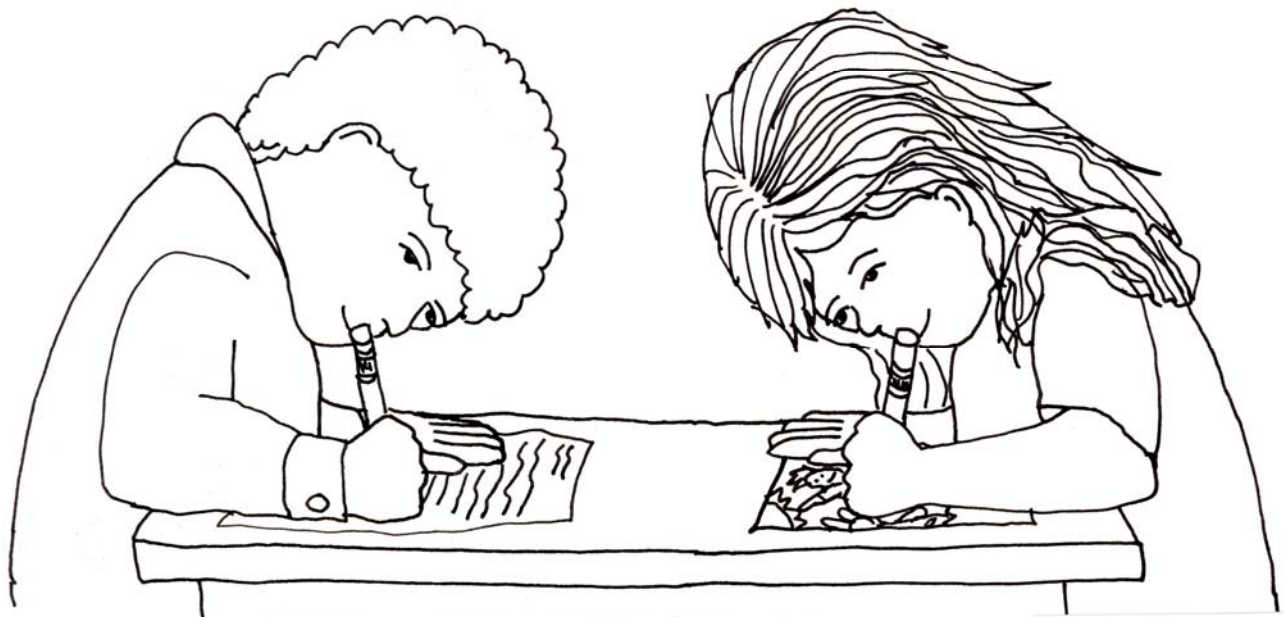
# A Job Well Done

Complete! Complete!

It's done. It's neat.

When I finish my work,

I'm so proud it's complete!



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# The Clean Team



Pick it up. Clean it up.  
Put it in its place.  
Thoughtfully and carefully,  
With steady, even pace.

Work Together.  
Make it neat.  
What a team.  
We can't be beat.

# Together



Come on! At the top, it is not crowded.  
Set a goal! There's always room for more.  
Step, step! Let's put our best foot forward.  
Persistent effort opens wide the door.

Together we work and help each other.  
As a team, we simply will not be beat.  
No obstacle is too big to stop us.  
Successfully, our goal we will complete.

Come on! Set a goal! Step, step! Stand tall!  
Together we can make it. At the top, there's room  
for one and all.



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Responsibility  
to  
Myself,  
My  
Community  
and  
Beyond





# Shining Star

I am responsible.

My dreams will take me far.

I walk and talk respect.

I am a Shining Star.

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# We Keep Our Earth Tiptop



Reduce! Reuse! Recycle!  
We work to make waste stop.  
Reduce! Reuse! Recycle!  
We keep our earth tiptop.

Hoard no more. Say "Goodbye greed!".  
Reduce our waste. Use what we need.

Reuse items. No doubt, we can.  
Make less garbage; that's our plan.

Recycle trash; make new again.  
Our precious planet is our friend.

Reduce! Reuse! Recycle!  
We work to make waste stop.  
Reduce! Reuse! Recycle!  
We keep our earth tip top.

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# The Key to Happiness

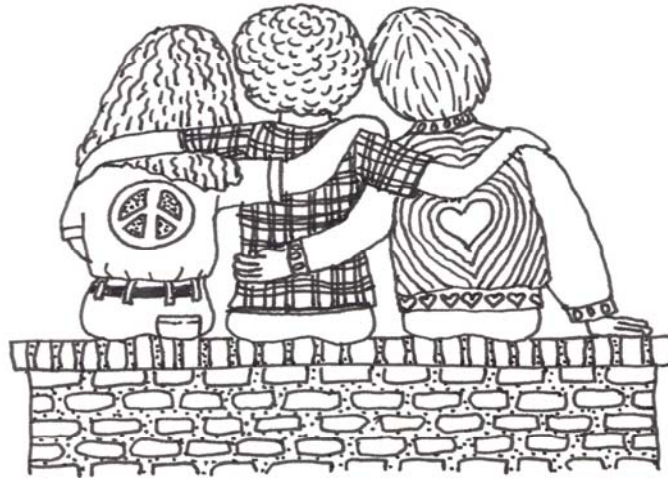


To precious happiness,  
In our hands, we hold the key.

Deny and argue not.

It's responsibility.

# As Easy As 1...2...3



Such simple, simple guidelines,  
Count them! One! Two! Three!  
So easy to follow  
For a person like me.

Guideline one is most important,  
With love, for me to do.  
Accept myself as I am,  
And you for being you.

Guideline two can be my habit.  
I'll grow my whole life through,  
As I listen and I understand  
Another's point of view.

Guideline three is quite essential  
Begin each day anew.  
Remember alike or different,  
We're family, me and you.

Such simple, simple guidelines,  
Count them! One! Two! Three!  
So easy to follow  
For a person like me.

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# A Rainbow Bright

I envision the world  
Of colors blending bright,  
The world full of  
Love, joy, peace and light.  
I can make a difference in my world.  
That's how I make a difference in the world.

I use my heart, my head;  
It is life's plan.  
I give what I have;  
Do all I can.  
I can make a difference in my world.  
That's how I make a difference in the world.

I don't give up;  
I try with all my might.  
Freedom, happiness,  
They're my birth right.  
I can make a difference in my world.  
That's how I make a difference in the world.

It takes all colors  
To make a rainbow bright.  
Each one of us a ray  
Of love's pure light.  
Each one can make a difference in the world.  
That's how we make a difference  
in our world.

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# How to Be a Friend



1) Do more listening than talking.



2) Say kind things to others.



3) Do kind things for others.

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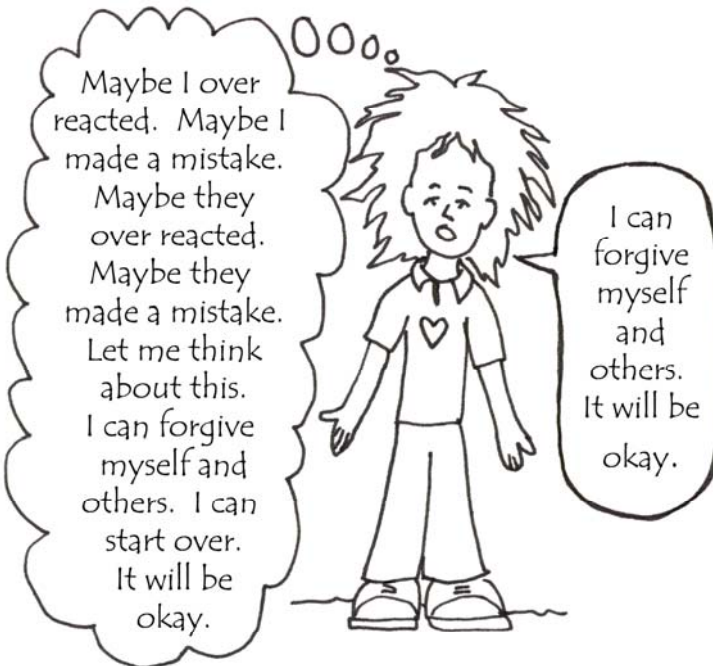
# How to Change a Negative Thought to a Positive Thought

(Also known as "working my head")



- 1) When I feel upset or angry at myself or others, or afraid, or depressed, I stop and take a deep breath. (Breathing supplies oxygen to our brain and body. This helps us calm ourselves and think more clearly.)

- 2) I look inside myself to find the negative thought. (I kick it out.)



- 3) I think positive thoughts. (I replace the negative thoughts with positive thoughts.)

- 4) I say the positive thought.

- 5) I think and say the positive thought over and over again until I feel better.

Now, I am ready to respond to anything.

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# How to Be a Winner

1) Think positive thoughts about yourself and others.



Let me get that door for you.



2) Go out of your way to say and do kind things for others.

3) Be the best you can be, every moment of every day.

