

EMPOWERING MINDS

A FAMILY GUIDE TO THE 7 MINDSETS

EVERYTHING IS POSSIBLE

The Everything is Possible Mindset focuses on the power of hope and reminds us that everyone has the potential to achieve great things. Each person has the ability to create a life full of happiness, success, and meaningful experiences. This mindset applies to every student, and by embracing it, we aim to unlock their full potential. Research shows that the Everything is Possible Mindset can improve academic performance. This mindset also leads to greater happiness, stronger friendships, and better emotional well-being.



PRACTICAL TIPS FOR YOUR FAMILY

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- **Talk about the Future:** Research shows encouraging children to think about their future sparks positive growth. Talk about their dreams to build hope and expand their sense of what's possible!
- **Support Dreams, Don't Shut Them Down:** You might disagree with your child's dreams or goals because they seem unrealistic. What matters most is that they dream; discouraging them might stop them from setting future goals.
- **Share Your Dreams and Failures:** Talk about your dreams and times when things didn't go as planned with your child. This may show them it's okay to try, fail, and keep going.

MINDSET MATTERS

Here are ways we want to support your child:

- **Dream Big:** Dreaming big inspires your child to set ambitious goals and believe in their potential to achieve extraordinary things.
- **Embrace Creativity:** Embracing creativity encourages your child to find new ideas and ways to grow.
- **Think Positive:** Positive thinking helps your child build resilience and approach challenges with optimism, paving the way for greater success.
- **Act and Adjust:** Acting and adjusting teaches your child to take charge and keep moving forward, even when facing challenges.



CONVERSATION STARTERS

Use these questions to engage in a conversation with your child/children.

- What's something you did that seemed impossible at first? How did you make it happen?
- What's one new thing you want to try this week, even if it feels difficult?