

WELCOME TO LIVING THE 7 MINDSETS!

The 7 Mindsets program helps students develop the attitudes and perspectives needed for success and fulfillment. Based on decades of research into the habits of happy, accomplished people, it offers a proven path for academic achievement, strong relationships, and resilience. With over 15 years of real-world use, the program has empowered more than 5 million students, refining its approach to unlock each student's potential and create positive change.

Why Mindsets-Based Instruction?

Mindsets shape how we see the world, ourselves, and our potential. Instead of just teaching specific skills, mindsets-based teaching focuses on building positive attitudes that help students want to learn and improve for the rest of their lives. Research in areas like positive psychology, growth mindset, and emotional intelligence shows that believing in yourself can greatly improve emotional well-being, academic achievement, and life outcomes.

Mindsets-based teaching is powerful because it helps students become more motivated, resilient, and adaptable—traits that are important for lifelong learning and success. When students believe they can grow and improve, they are more likely to tackle challenges, keep going when things get tough, and look for opportunities to learn new skills.

The 7 Mindsets

As we progress with the program, we will provide you with more detailed information about each of the 7 Mindsets as well as tips & tricks and conversation starters you can use at home. In the meantime, here is a brief overview of the 7 Mindsets:

1. **Everything is Possible** inspires **hope**. It teaches students to dream big, embrace creativity, maintain a positive outlook, and learn and grow from mistakes.
2. **Passion First** ignites a **sense of purpose**. It helps students embrace their strengths and interests while leveraging their values, aspirations, and lived experiences to their advantage.
3. **We Are Connected** strengthens a **sense of belonging**. Students learn to embrace everyone, surround themselves with positive influences, and build meaningful relationships with others.
4. **100% Accountable** builds a **belief in oneself**. It teaches students to overcome limiting beliefs, prioritize their efforts, take ownership of their outcomes, and grow from every experience.
5. **Attitude of Gratitude** develops **thankfulness**. Through this mindset, students learn to appreciate their gifts, celebrate others, and find the positives in all circumstances to fuel growth.
6. **Live to Give** instills a **sense of significance**. Students learn to serve others, make choices that positively impact the world, and foster a collaborative and creative spirit.
7. **The Time is Now** sparks **engagement**. It encourages students to take initiative, position themselves for success, and take purposeful action toward their goals and dreams.