

# EMPOWERING MINDS

## A FAMILY GUIDE TO THE 7 MINDSETS

### LIVE TO GIVE

The Live to Give Mindset teaches students about finding purpose and meaning in life by helping others. It encourages students to make a difference, no matter how small, because even small acts of kindness can have a big impact. When students give, it not only makes others happy but also helps them feel good and fulfilled. Research shows that helping others can boost students' happiness, build their confidence, and make them feel more connected to others. It also helps students understand and care about other people more.



### PRACTICAL TIPS FOR YOUR FAMILY

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- **Model Generosity in Everyday Actions:** Show your child what it means to live generously by practicing small acts of kindness regularly, such as helping a neighbor. Students learn by observing, and your behavior sets a powerful example.
- **Create Family Service Traditions:** Engage in family activities that give back, such as donating items to a shelter. Making service a family tradition highlights its importance and cultivates a shared purpose.
- **Teach Gratitude and Receiving:** Teach your child the importance of giving and receiving with gratitude. Make it a habit to say "thank you" whenever someone helps, gives, or provides you with a compliment.

### MINDSET MATTERS

Here are ways we want to support your child:

- **Stretch Yourself:** Motivating your child to push themselves by using their talents and interests to help others and encouraging them to strive for their full potential.
- **Make a Difference:** Teaching your child that their actions can make a positive impact on others and the world.
- **Receive Gracefully:** Assisting your child in learning to accept help and kindness from others with gratitude and humility.
- **Create a Legacy:** Inspiring your child to think about the long-term impact they want to have, encouraging them to live with purpose and make a meaningful difference that lasts with others.



### CONVERSATION STARTERS

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

- Think of a time when your positive actions left a lasting impression on someone. What was it and why do you think it left a lasting impression?
- As a family, what can we do together to make a difference in our community?