

EMPOWERING MINDS

A FAMILY GUIDE TO THE 7 MINDSETS

PASSION FIRST

The Passion First Mindset focuses on the importance of having a purpose in life. Everyone needs something that excites them and drives their passions. This spark helps us become fully engaged and unlock our potential. Science shows that each of us is different, shaped by our interests, values, and life experiences. This mindset is about being true to ourselves and finding joy in matching what we care about with what the world needs. Research shows that students with a sense of purpose get better grades, feel less stressed, and work harder to overcome challenges.



PRACTICAL TIPS FOR YOUR FAMILY

- **Be Passionate About Their Passions:** Discover and celebrate your child's unique strengths and interests. Their interests might change over time, but encourage them to follow what makes them happy.
- **Try New Things:** You never know which activity might help your child find their passion and lead to a happy future. Try different things together and give them a chance to explore new opportunities. Small moments may lead to big changes.
- **Focus on Personal Growth:** Encourage your child to embrace what makes them authentic. Set an example by showing them how you have followed your own values and passions.

MINDSET MATTERS

Here are ways we want to support your child:

- **Focus on Strengths:** Encourage your child to identify and focus on their strengths to build confidence.
- **Explore Your Interests:** Trying out different interests helps your child discover their passions, leading to greater engagement and personal growth.
- **Take a Stand:** Teaching your child to stand up for their values helps build self-respect and gives them the courage to make important decisions.
- **Be Authentic:** Embracing authenticity helps your child express their true self with confidence, build real connections, and find fulfillment.



CONVERSATION STARTERS

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

- What's one talent or skill you have that you feel really proud of? How could you use it to make a difference in the world?
- What's something you've always wanted to learn or try but haven't yet? What's stopping you, and how can I help you start?