

Make your School Ridiculously Amazing with mindsets-based SEL

Building positive school culture rooted in relationships.



Happiness and success are not predicated on what you know or where you come from; it is predicated on how we **think**

The 7 Mindsets are based on a 3-year study resulting in the writing of the 7 Mindsets book and the development of an online Social and Emotional solution for elementary, middle, and high school. The 7 Mindsets have been designed to promote self-awareness, self-management, social awareness, relationship skills, and responsible decision making.

Each of the 7 Mindsets includes 4 Learning Objectives

The 7 Mindsets	28 Learning Objectives
1) Everything is Possible – Help us understand that we are all capable of extraordinary lives.	<ol style="list-style-type: none"> 1. Dream Big 2. Embrace Creativity 3. Think Positive 4. Act and Adjust
2) Passion First – Teaches that each of us is a unique expression of human existence, and that our lives should be focused on finding our individual genius and sharing it with the world.	<ol style="list-style-type: none"> 5. Focus on Strengths 6. Explore Your Interests 7. Take a Stand 8. Be Authentic
3) We Are Connected – Help us understand that everyone who comes into our lives can assist us in living our dreams.	<ol style="list-style-type: none"> 9. Embrace Everyone 10. Maximize Positive Relationships 11. Create Your Dream Team 12. Lead with Value
4) 100% Accountable – Teaches us that we are not victims of our past, our future is not predetermined, and our lives are what we choose from this moment onward.	<ol style="list-style-type: none"> 13. Own Your Life 14. Overcome Limiting Beliefs 15. Focus Your Energy 16. Grow Through Life
5) Attitude of Gratitude – Seek positives from every experience and be thankful for all you have.	<ol style="list-style-type: none"> 17. Treasure Yourself 18. Be More Grateful 19. Thank It Forward 20. Elevate Your Perspective
6) Live to Give – Teaches us that abundance in one’s life is a cycle, and to get love, respect, and financial security, we must learn to give those things.	<ol style="list-style-type: none"> 21. Stretch Yourself 22. Make a Difference 23. Receive Gracefully 24. Create a Legacy
7) The Time is Now – Teaches us that all our power exists in the moment. Take purposeful action in the present to create the life of our dreams.	<ol style="list-style-type: none"> 25. Embrace Every Moment 26. Get into the Zone 27. Let Yourself be Vulnerable 28. Act with Purpose