**7 Mindsets**

*Learning Objectives*

* Unit 1 – Everything is Possible: Know your dreams and goals
  + Dream Big
  + Embrace Creativity
  + Think Positive
  + Act and Adjust
* Unit 2 – Passion First: Connect your passions, strengths, and interests
  + Focus on your Strengths
  + Explore your interests
  + Take a stand
  + Be authentic
* Unit 3 – We are Connected: Embrace others regardless of differences
  + Embrace everyone
  + Maximize positive relationships
  + Build your dream team
  + Lead with value
* Unit 4 – 100% Accountable: Be responsible for decisions and choices and take control of your life
  + Own your life
  + Overcoming limiting beliefs
  + Focus your energy
  + Grow through life
* Unit 5 – Attitude of Gratitude: Recognize all the good in your life, and view the world with optimism
  + Treasure yourself
  + Be more grateful
  + Thank it forward
  + Elevate your perspective
* Unit 6 – Live to Give: Be empathetic and serve others to live a better and happier life
  + Stretch yourself
  + Make a difference
  + Receive gratefully
  + Create a legacy
* Unit 7 – The Time is Now – Act now to create a better future
  + Embrace every moment
  + Get in the zone
  + Let yourself be vulnerable
  + Act with purpose