**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