

# EMPOWERING MINDS

A FAMILY GUIDE TO THE 7 MINDSETS

## THE TIME IS NOW

The Time is Now Mindset is about getting involved in life and making the most of each day. It encourages students to live in the present and take action toward their goals. Instead of waiting for the "perfect time," it shows that small steps today can lead to big achievements over time. By focusing on what they can do now, students learn to avoid distractions, face challenges, and make steady progress. This mindset helps build important skills like resilience, time management, and adaptability, which support both school success and personal growth.



## PRACTICAL TIPS FOR YOUR FAMILY

- **Inspire through Role Models and Your Own Actions:** Share stories of people who achieved great things through hard work and courage. If possible, share your own experiences of facing challenges and stepping out of your comfort zone.
- **Celebrate Progress, Big or Small:** Encourage your child to celebrate every step they take toward their goals, even the small ones. This will help build confidence and keep them motivated to keep going.
- **Emphasize Purposeful Action:** Teach your child to take small, intentional steps toward their goals each day. Remind them that consistent effort, no matter how slow, helps make dreams come true.

## MINDSET MATTERS

Here are ways we want to support your child:

- **Embrace Every Moment:** Encouraging your child to live fully in the present, appreciating the value of each moment, and making the most of opportunities as they come.
- **Get in the Zone:** Supporting your child in focusing on important tasks, teaching them how to block out distractions and work with purpose and efficiency.
- **Let Yourself Be Vulnerable:** Assisting your child in taking risks and stepping outside their comfort zone shows them that vulnerability is a strength that leads to growth, resilience, and stronger connections with others.
- **Act with Purpose:** Motivating your child to take intentional steps toward their goals, emphasizing how purposeful action shapes the future they want.



## CONVERSATION STARTERS

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

- Can you think of a time when you had to stay focused on something even with distractions? What did you do to stay in the zone?
- Was there ever a time when you felt exposed or uncertain? What happened, and what did you learn about yourself in that moment?