



A FAMILY GUIDE TO

The 7 Mindsets

The 7 Mindsets is a mindset-based learning solution that helps young people develop the beliefs, habits, and life skills needed to thrive in school, relationships, and beyond. Built on decades of research into the habits of happy, accomplished people, it offers a proven path to academic achievement, strong relationships, and resilience. Over years of real-world use it has been refined to help unlock each student's potential.

5M+

students empowered

15+ yrs

in real classrooms

Research

backed & refined

WHY MINDSETS-BASED INSTRUCTION?

Our mindsets shape how we see the world, ourselves, and our potential. Instead of teaching isolated skills, mindsets-based learning builds the positive attitudes that make students want to learn and grow for the rest of their lives.

Research in positive psychology, growth mindset, and emotional intelligence shows that believing in yourself improves emotional well-being, achievement, and life outcomes.

This approach is powerful because it helps students become more motivated, resilient, and adaptable. These traits sit at the heart of lifelong learning.

When students believe they can grow, they're more likely to take on challenges, keep going when things get hard, and seek out new skills along the way

THE 7 MINDSETS

As we move through the year, you'll get a dedicated guide for each mindset, with practical tips and conversation starters for home. Here's the quick overview.

1 **Everything is Possible**

Inspires hope. Dream big, embrace creativity, stay positive, and grow from mistakes.

3 **We are Connected**

Strengthens belonging. Embrace everyone and build meaningful relationships.

5 **Attitude of Gratitude**

Develops thankfulness. Appreciate your gifts and find the good in every moment.

7 **The Time is Now**

Sparks engagement. Take initiative and act purposefully toward your goals.

2 **Passion First**

Ignites purpose. Lead with your strengths, interests, values, and aspirations.

4 **100% Accountable**

Builds self-belief. Own your choices, your effort, and every outcome.

6 **Live to Give**

Instills significance. Serve others and make a positive impact on the world.

★ **Together at home**

Watch for each guide coming home, and use the starters to keep the conversation going.

 **One mindset at a time. Let's build them together.**

You don't need to be an expert. A short conversation, a shared story, or a small moment of encouragement is exactly what makes these mindsets stick.