

# The 7 Mindsets

Name: \_\_\_\_\_ Homeroom Teacher: \_\_\_\_\_ Major: \_\_\_\_\_

Let's be real: The 7 Mindsets are really just instructions for how to Adult; How to deal with the world when it sucks, when it's stressful, when we need to do something we really don't want to do but need to do. These are things that are important to work on to help build up your own resilience to dealing with the challenges life throws at you.

Take a minute to really think about the question and be real with your answers. Challenge yourself to think beyond "I don't know". Answer the following questions as best you can.

1. Everything is Possible
  - a. How do you Dream Big?
  
  - b. How do you Embrace Creativity?
  
2. Passion First
  - a. How do you know you are passionate about something?
  
  - b. What do you do to feed your passion?
  
3. We Are Connected
  - a. How do you think your relationships help to empower you as a person?
  
4. 100% Accountable
  - a. What do you think taking responsibility for yourself looks like?
  
5. Attitude of Gratitude
  - a. We don't always choose our circumstances but we can choose how we react to them; Describe a time when you struggled with something but were able to find something positive from it...
  
6. Live to Give
  - a. How do you inspire your friends to achieve their potential?
  
7. The Time Is Now
  - a. What are ways you mindfully live in the moment?